

Day	Date	Meet	Time	Owning Coach	Location	Hills or Speed	Effort	Recovery	Weekend/ weekday races
Monday	02 April 2018	BANK HOLIDAY							
Tuesday	03 April 2018	Locksheath	7pm	Mike White	LH Sports Ground	Hills	6 to 8x (Short Hill + Short Flat with Active Recoveries), working in pairs	Active recoveries (jog)	
Thursday	05 April 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	April Time Trial		
Friday	06 April 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	09 April 2018	Solent Hotel	6:30pm	Penny Forse	Whiteley	Hills	25 mins of Leafy Lane Loops - efforts up hills	Recovery downhill	
Tuesday	10 April 2018	Locksheath	7pm	Mike White	Football field (Hunts)	Speed	Flag session; (1min, 1.5, 2, 2.5, 2.5, 2, 1.5, 1min) out and back on whistle	90s rest	
Thursday	12 April 2018	Holly Hill	6:30pm	Julie Ashman	Holly Hill Park	Hills	Rollercoasters 20-25 mins Effort Up	Recovery downhill	
Friday	13 April 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	16 April 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Speed	Forest Rectangle ~900m - 25 minutes effort on short sides	Recovery jog on long sides	
Tuesday	17 April 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	17 April 2018	Titchfield Sports Field (opposite)	7pm	Mike White	Nr Fishermans Rest	Hills	25min of Long and Short Hill Repetitions	Recovery downhill	18 Apr RR10 Netley
Thursday	19 April 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	6 x 800m efforts @5km pace	200m jog or 90seconds	
Friday	20 April 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	23 April 2018	Solent Hotel	6:30pm	Penny Forse	Whiteley	Hills	Kenyan Hills 4 x 6 mins	2 mins rest	
Tuesday	24 April 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	24 April 2018	Locksheath	7pm	Mike White	Brownwich lane	Speed	Up to 5x1ml (or 1Km) at 10K pace	90s Rest	25 Apr Lakeside 5km
Thursday	26 April 2018	Holly Hill	6:30pm	Nigel Witcher	Holly Hill Park	Hills	Short Hilly Loop (Frog Hill) Effort Up	Recovery downhill	
Friday	27 April 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	30 April 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Speed	Football pitch - 25 minutes of 1 lap; 2 sides; 1 side	2; 2; 1 sides jog recovery	
Tuesday	01 May 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	01 May 2018	Titchfield Sports Field (opposite)	7pm	Mike White	Nr Titchfield Mill	Hills	Pyramid of lampposts, (9 reps total)	Jog back down hill	02 May RR10 Stoney Cross
Thursday	03 May 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	Shingle Beach Sprints	2mins between sets	
Friday	04 May 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	07 May 2018	BANK HOLIDAY							
Tuesday	08 May 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		08 May Bayside 5km
Tuesday	08 May 2018	Locksheath	7pm	Mike White	Hook Field	Speed	2x12.5 min of Paarlauf relays	3min after 12.5min.	
Thursday	10 May 2018	Holly Hill	6:30pm	Julie Ashman	Holly Hill Park	Hills	All The Hills (5 hills) Effort Up	Recovery downhill	09 May Beginners Course
Friday	11 May 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	14 May 2018	Solent Hotel	6:30pm	Penny Forse	Whiteley	Speed	Forest Rectangle ~900m - 25 minutes effort on long sides	Recovery jog on short sides	
Tuesday	15 May 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	15 May 2018	Locksheath	7pm	Mike White	LH Sports Ground	Hills	6 to 8x (Short Hill + Short Flat with Active Recoveries), working in pairs	Active recoveries (jog)	16 May RR10 Wilverley
Thursday	17 May 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	May Time Trial		
Friday	18 May 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	21 May 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Hills	25 mins of Leafy Lane Loops - efforts up hills	Recovery downhill	
Tuesday	22 May 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	22 May 2018	Locksheath	7pm	Mike White	Football field (Hunts)	Speed	Flag session; (1min, 1.5, 2, 2.5, 2.5, 2, 1.5, 1min) out and back on Whistle	90s rest	23 May Lakeside 5km
Thursday	24 May 2018	Holly Hill	6:30pm	Penny Forse	Holly Hill Park	Hills	1m Hilly Loop FARTLEK		
Friday	25 May 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	28 May 2018	BANK HOLIDAY							
Tuesday	29 May 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	29 May 2018	Titchfield Sports Field (opposite)	7pm	Mike White	Nr Fishermans Rest	Hills	Session focussing on down hill running technique	Recovery on short uphill	30 May RR10 Blackfield
Thursday	31 May 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	1km reps @5km pace	2mins between efforts	
Friday	01 June 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	04 June 2018	Solent Hotel	6:30pm	Penny Forse	Whiteley	Hills	Kenyan Hills 4 x 6 mins	2 mins rest	
Tuesday	05 June 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	05 June 2018	Locksheath	7pm	Mike White	Red Path	Speed	Speed play (Fartlek) session using lamp posts	3 min each end	06 Jun RR10 Fleming Park
Thursday	07 June 2018	Holly Hill	6:30pm	Julie Ashman	Holly Hill Park	Hills	Reverse All The Hills (5 hills) Effort Up	Recovery downhill	
Friday	08 June 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	11 June 2018	Solent Hotel	6:30pm	Penny Forse	Whiteley	Speed	3 - 5 x 1 mile loops	2 minutes - walk to start	
Tuesday	12 June 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	12 June 2018	Locksheath	7pm	Mike White	Titchfield	Hills	25min of short hill loops at Coach Hill	Recovery downhill	12 Jun Bayside 5km
Thursday	14 June 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	June Time Trial		
Friday	15 June 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	18 June 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Hills	Hills - 3 x (30s / 50s / 70s / 50s / 30s /) on the whistle	Jog back to start	
Tuesday	19 June 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	19 June 2018	Locksheath	7pm	Mike White	LH Sports Ground *	Speed	"Hooper" Session (2,4,6,4,2min), (*Hook field if cricket is on)	2min jog recovery with 3min rest after first 6min effort	20 Jun RR10 Manor Farm
Thursday	21 June 2018	Holly Hill	6:30pm	Nigel Witcher	Holly Hill Park	Hills	Figure of Eight		
Friday	22 June 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	25 June 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Speed	Forest Rectangle ~900m - 25 minutes of 1 lap / 1/2 lap / 1 side	Recovery jog 1 lap / 1/2 lap / 1 side	
Tuesday	26 June 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	26 June 2018	Locksheath	7pm	Mike White	St John's Road	Hills	Up to 6x Long + Short Hills	Recover on downhills	27 Jun Lakeside 5km
Thursday	28 June 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	10 x 400m @5km pace	1min between efforts	
Friday	29 June 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		