

Day	Date	Meet	Time	Owning Coach	Location	Hills or Speed	Effort	Recovery	Weekend/Weekday races	
Monday	02 July 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Hills	25 mins of Leafy Lane Loops - efforts up hills	Recovery downhill		
Tuesday	03 July 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals			
Tuesday	03 July 2018	Car park opposite Titchfield Mill	7pm	Mike White	Boxing Club Sports F	Speed	Paarlaufs on sports field	Jog across field	04 Jul RR10 Eastleigh	
Thursday	05 July 2018	Holly Hill	6:30pm	Julie Ashman	Holly Hill Park	Hills	Roller Coasters for time (30mins)			
Friday	06 July 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	09 July 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Speed	3 - 5 x 1 mile loops	2 minutes - walk to start		
Tuesday	10 July 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals			
Tuesday	10 July 2018	Locks Heath	7pm	Mike White	Stubbington	Hills	Short hill loops (25 to 30min)		10 Jul Bayside 5km	
Thursday	12 July 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	July Time Trial			
Friday	13 July 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	16 July 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Hills	Kenyan Hills 4 x 6 mins	2 mins rest		
Tuesday	17 July 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals			
Tuesday	17 July 2018	Locks Heath	7pm	Mike White	Stubbington	Speed	Speed play (Fartlek) session using lamp posts	90s rest		
Thursday	19 July 2018	Holly Hill	6:30pm	Julie Ashman	Holly Hill Park	Hills	Short Hill Loop (Frog Hill)			
Friday	20 July 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	23 July 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Speed	VO2 Max Funnel: 3min, 2min, 1min repeat 4 times	1min between efforts, 2mins between sets		
Tuesday	24 July 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals			
Tuesday	24 July 2018	Car park opposite Titchfield Mill	7pm	Mike White	Nr Fisherman's Rest	Hills	30mins of Long and short hills near Fisherman's Rest	On down hills	25 Jul Lakeside 5km	
Thursday	26 July 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	1km reps on the never ending clock			
Friday	27 July 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	30 July 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	31 July 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals			
Tuesday	31 July 2018	Locks Heath Sports Ground	7pm	Mike White	Football field Hunts	Speed	Flag session; (1min, 1.5, 2, 2.5, 2, 1.5, 1min) out and back on Whistle	90s rest	01 Aug RR10 Itchen	
Thursday	02 August 2018	Holly Hill	6:30pm	Julie Ashman	Holly Hill Park	Hills	All the Hills			
Friday	03 August 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	06 August 2018	BANK HOLIDAY								
Tuesday	07 August 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals			
Tuesday	07 August 2018	Locks Heath Sports Ground	7pm	Mike White	Woodpecker Copse	Hills	Kenyon Hills (4 or 5 x 6min)	2min rest		
Thursday	09 August 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	August Time Trial			
Friday	10 August 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	13 August 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Hills	Downhill Technique Session			
Tuesday	14 August 2018	Locks Heath Sports Ground	7pm	Mike White	Brownwynch lane	Speed	5x1m, (or 5x1K) at 10K pace		14 Aug Bayside 5km	
Thursday	16 August 2018	Holly Hill	6:30pm	Julie Ashman	Holly Hill Park	Hills	Figure of 8's for time (30mins)		15 Aug RR10 Hursley	
Friday	17 August 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	20 August 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Speed	Speed Endurance Lakeside Laps			
Tuesday	21 August 2018	Car park opposite Titchfield Mill	7pm	Mike White	Titchfield Barn	Hills	Long and short hills	On downhill		
Thursday	23 August 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	Out & Back Speed Endurance 4,4,4,3,3,2,2,2,1,1,1	1min between efforts, 2mins between sets		
Friday	24 August 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	27 August 2018	BANK HOLIDAY								
Tuesday	28 August 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals			
Tuesday	28 August 2018	Locks Heath Sports Ground	7pm	Mike White	Football Field Hunts	Speed	2,4,6,6,4,2 min hooter session	2min jog recovery with 3min rest after first 6min effort	29 Aug Lakeside 5km	
Thursday	30 August 2018	Holly Hill	6:30pm	Julie Ashman	Holly Hill Park	Hills	Far Roller, short loop 15 mins then 15 mins reverse			
Friday	31 August 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	03 September 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Speed	3 - 5 x 1 mile loops	2 minutes - walk to start		
Tuesday	04 September 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals			
Tuesday	04 September 2018	Locks Heath Sports Ground	7pm	Mike White	Titchfield	Hills	Short hill loops (25 to 30min)	On downhills		
Thursday	06 September 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	Beach sprints on the shingle			
Friday	07 September 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	10 September 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Hills	Whiteley Lane - summit attacks for time (30mins)	On downhills		
Tuesday	11 September 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals			
Tuesday	11 September 2018	Locks Heath Sports Ground	7pm	Mike White	Hook Field	Speed	Flag session; (0.5lap; 0.75lap; 1lap) x3	0.25lap jog recovery and last set start long side first	11 Sep Bayside 5km	
Thursday	13 September 2018	Holly Hill	6:30pm	Julie Ashman	Holly Hill Park	Hills	All the Hills in reverse 30 mins			
Friday	14 September 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	17 September 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Speed	6 x 1km reps	1:30min between reps		
Tuesday	18 September 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals			
Tuesday	18 September 2018	Locks Heath Sports Ground	7pm	Mike White	St John's Road	Hills	Up to 6x Long + Short Hills	On downhill		
Thursday	20 September 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	September Time Trial			
Friday	21 September 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	24 September 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Hills	Sweetheills Hilly Loop			
Tuesday	25 September 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals			
Tuesday	25 September 2018	Locks Heath Sports Ground	7pm	Mike White	Sports Ground	Speed	6 to 8x (Short Hill + Short Flat with Active Recoveries), working in pairs	Active recoveries (jog)		
Thursday	27 September 2018	Holly Hill	6:30pm	Julie Ashman	Holly Hill Park	Hills	Roller Coasters for time (30mins)			
Friday	28 September 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			