

Day	Date	Meet	Time	Owning Coach	Location	Hills or Speed	Effort	Recovery	Weekend/Weekday races
Monday	01 October 2018	Solent Hotel	6:30pm	Mike White	Whiteley	Speed	Speed Endurance Lakeside Laps		
Tuesday	02 October 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	02 October 2018	Locks Heath Sports Ground	7pm	Frances Lord	Titchfield	Hills	Garson's Close pyramid session	On down hills	
Thursday	04 October 2018	Crofton Community Centre	6:30pm	Lisa Donn	Stubbington	Speed	1km reps @ Anker Lane (40mins)	2min walk	
Friday	05 October 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	08 October 2018	Solent Hotel	6:30pm	Nigel Whitcher	Whiteley	Hills	Kenyan Hills 4 x 6 mins	2 mins rest	
Tuesday	09 October 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	09 October 2018	Locks Heath Sports Ground	7pm	Mike White	Red Path	Speed	Speed play (Fartlek) session using lamp posts	3 min each end	
Thursday	11 October 2018	L/H Sports & Social	6:30pm	Julie Ashman	Titchfield	Hills	25 mins Effort Up Coach Hill	Recovery Downhill	
Friday	12 October 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	15 October 2018	Solent Hotel	6:30pm	Lisa Donn	Whiteley	Speed	Speed Endurance Negative Split		
Tuesday	16 October 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	16 October 2018	Locks Heath Sports Ground	7pm	Frances Lord	St John's Road	Hills	Long and short hills (high vis mandatory)	on down hills	
Thursday	18 October 2018	Holly Hill Leisure Centre	6:30pm	Andy Simpson	Centre	Speed	Time Trial		
Friday	19 October 2018	Crofton Community Centre	9:00am	Tina Chantrey	Crofton Community Centre	Speed	Mixed Intervals		
Monday	22 October 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Hills	Whiteley Lane - summit attacks for time (30mins)	On downhills	
Tuesday	23 October 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	23 October 2018	Locks Heath Sports Ground	7pm	Mike White	Sovereign Crescent	Speed	2x4x800 (or 600m alternative), (~35min total)	Jog back to start	
Thursday	25 October 2018	L/H Sports & Social	6:30pm	Julie Ashman	Titchfield	Hills	30 mins Effort Up West St	Recovery Down (Garstons Rd)	
Friday	26 October 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	29 October 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Speed	Speed: 30secs fast, 30secs faster, 30secs fastest x 9	30secs between efforts	
Tuesday	30 October 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	30 October 2018	Locks Heath Sports Ground	7pm	Frances Lord	Titchfield	Hills	Short hill loops (25 to 30min)	On downhills	
Thursday	01 November 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	Never ending clock 800m Reps @ Eric Rd		
Friday	02 November 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	05 November 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	06 November 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	06 November 2018	Locks Heath Sports Ground	7pm	Mike White	Sports ground perimeter path	Speed	Out and back on whistle (plus shuttle relay)	90s recovery	
Thursday	08 November 2018	L/H Sports & Social	6:30pm	Julie Ashman	Titchfield	Hills	30 mins Garstons Rd/Sandy Lane 400m loop	Recovery 2mins or pair up - 1 works the other rests (depends on how cold)	
Friday	09 November 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	12 November 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	13 November 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	13 November 2018	Locks Heath Sports Ground**	7pm	Frances Lord	Woodpecker Close	Hills	Kenyan hills 4x6min, (**"A group" runners to meet others at Woodpecker Close to avoid long run out)	2min rest	
Thursday	15 November 2018	Holly Hill Leisure Centre	6:30pm	Andy Simpson	Centre	Speed	Time Trial		
Friday	16 November 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	19 November 2018	Solent Hotel	6:30pm	Nigel Whitcher	Whiteley	Hills	25 mins of Leafy Lane Loops - efforts up hills	Recovery downhill	
Tuesday	20 November 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	20 November 2018	Locks Heath Sports Ground	7pm	Mike White	Red Path	Speed	3x1.5ml (or 1ml option) with catch up on 2nd and 3rd reps	Jog/walk along Warsash rd	
Thursday	22 November 2018	L/H Sports & Social	6:30pm	Julie Ashman	Titchfield	Hills	25 mins Effort Up Coach Hill	Recovery Downhill	
Friday	23 November 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	26 November 2018	Solent Hotel	6:30pm	Lisa Donn	Whiteley	Speed	2 x 10mins short and long sides of Meadowside for speed endurance	2mins between sets	

Tuesday	27 November 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	27 November 2018	Locks Heath Sports Ground	7pm	Frances Lord	Sports Ground	Hills	6 to 8x (Short Hill + Short Flat with Active Recoveries), working in pairs	Active recoveries (jog)	
Thursday	29 November 2018	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	Out & Back Speed Endurance 4,4,4,3,3,3,2,2,1,1,1	1min between efforts, 2mins between sets	
Friday	30 November 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	03 December 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Hills	Downhill Technique Session		
Tuesday	04 December 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	04 December 2018	Locks Heath Sports Ground	7pm	Mike White	Sovereign Crescent	Speed	1ml repetitions (3 to 5 or ~40min)	2min	
Thursday	06 December 2018	L/H Sports & Social	6:30pm	Julie Ashman	Titchfield	Hills	30 mins Effort Up West St	Recovery Down (Garstons Rd)	
Friday	07 December 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	10 December 2018	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Speed	VO2 Max speed 50% recovery (1:30(45sec), 1:00(30sec), 30sec(15sec)		
Tuesday	11 December 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	11 December 2018	Locks Heath Sports Ground**	7pm	Frances Lord	Crescent road	Hills	Meet and greet Paarluf runs (workng in pairs), (**"A group" runners to meet others at Crescent Road to avoid long run out)	On downhill and/or flat	
Thursday	13 December 2018	Holly Hill Leisure Centre	6:30pm	Andy Simpson	Centre	Speed	Time Trial		
Friday	14 December 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	17 December 2018	Solent Hotel	6:30pm	Nigel Whitcher	Whiteley	Hills	Kenyan Hills 4 x 6 mins	2 mins rest	
Tuesday	18 December 2018	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	18 December 2018	Locks Heath Sports Ground	7pm	Mike White	Off Prelate Way	Speed	Speed endurance session targeting "Tempo run" pace using cones	n/a	
Thursday	20 December 2018	L/H Sports & Social	6:30pm	Julie Ashman	Titchfield	Hills	30 mins Garstons Rd/Sandy Lane 400m ish loop	Hard lap/easy lap or pair up - one runs while the other rests	
Friday	21 December 2018	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		