

Monday	04 March 2019	Solent Hotel	6:30pm	Lisa Donn	Whiteley	Speed	2 x 10mins short and long sides of Meadowside for speed endurance	2mins between sets	
Tuesday	05 March 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	05 March 2019	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	07 March 2019	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	Never ending clock 800m Reps @ Eric Rd		
Friday	08 March 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	11 March 2019	Solent Hotel	6:30pm	Julie Ashman	Whiteley	Hills	1km Hilly Loops		
Tuesday	12 March 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	12 March 2019	Locks Heath Sports Ground	7pm	Mike White	Sovereign Crescent	Speed	1ml repetitions (3 to 5 or ~40min)	2min	Fleet HM
Thursday	14 March 2019	Locks Heath Sports Ground	6:30pm	Tom Mellor	Titchfield	Hills	Coach Hill Short/Long Hills	On downhill	
Friday	15 March 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	18 March 2019	Solent Hotel	6:30pm	Mike White	Whiteley	Speed	Long lake path speed endurance push, lactate tolerance session.	Recover across bridges	
Tuesday	19 March 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	19 March 2019	Locks Heath Sports Ground**	7pm	Frances Lord	Crescent road	Hills	Hilly loops x6 (or 25min), (**"A group" runners to meet others at Crescent Road to avoid long run out)	2min RI	
Thursday	21 March 2019	Holly Hill Leisure Centre	6:30pm	Andy Simpson	Sarisbury Green	Speed	Time Trial		
Friday	22 March 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		
Monday	25 March 2019	Solent Hotel	6:30pm	Phil Hobby	Whiteley	Hills	Hills - 3 x (30s / 50s / 70s / 50s / 30s /) on the whistle	Jog back to start	
Tuesday	26 March 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Mixed Intervals		
Tuesday	26 March 2019	Locks Heath Sports Ground	7pm	Mike White	Sports ground perimeter path	Speed	Out and back on whistle (plus shuttle relay)	90s recovery	
Thursday	28 March 2019	Locks Heath Sports Ground	6:30pm	Chris Stapleford	Titchfield	Hills	Garston's Close pyramid session	On down hills	
Friday	29 March 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals		