

Day	Date	Meet	Time	Owning Coach	Location	Hills or Speed	Effort	Recovery	Weekend/Weekday races	
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	90s recovery On down hills		
Tuesday	26 March 2019	Locks Heath Sports Ground	7pm	Mike White	Sports ground perimeter path	Speed	Out and back on whistle (plus shuttle relay)			
Thursday	28 March 2019	Locks Heath Sports Ground	6:30pm	Chris Stapleford	Titchfield	Hills	Garston's Close pyramid session			
Friday	29 March 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed Intervals			
Monday	01 April 2019	Solent Hotel	6:30pm	Tom Mellor	Whiteley	Hills	Kenyan Hills 4x6min	2 min between sets		
Tuesday	02 April 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day			
Tuesday	02 April 2019	Locks Heath Sports Ground	7pm	Mike White	Red Path	Hills	2x6 conituous loops at top of red path			
Thursday	04 April 2019	Crofton Community Centre	6:30pm	Andy Simpson	Eric Road	Speed	4ml Club Time Trial			
Friday	05 April 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed beach intervals defined on the day			
Monday	08 April 2019	Solent Hotel	6:30pm	John Blake	Whiteley	Speed	Pyramid session x 30 mins	On return to start	HRRL Salisbury 10ml	
Tuesday	09 April 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day	Walk back recovery downhills		
Tuesday	09 April 2019	Locks Heath Sports Ground	7pm	Frances Lord	Sovereign Crescent	Speed	Sovereign Crescent laps			
Thursday	11 April 2019	Holly Hill Woodland Park	6:30pm	Julie Ashman	Sarisbury Green	Hills	Rollercoasters, 25 mins, effort uphill			
Friday	12 April 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed beach intervals defined on the day			
Monday	15 April 2019	Solent Hotel	6:30pm	Tom Mellor	Whiteley	Hills	Summit Attacks Session	RR10 Netley		
Tuesday	16 April 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day			
Tuesday	16 April 2019	Boxing Club (opposite Titchfield N	7pm	Mike White	Boxing club	Hills	Long and short hills at Tichfield Barn			
Thursday	18 April 2019	Crofton Community Centre	6:30pm	Chris Stapleford	Lee on the Solent	Speed	Beach huts shingle efforts			
Friday	19 April 2019	Crofton Community Centre	9:00am	Tina Chantrey	Crofton Community Centre	Speed	Mixed beach intervals defined on the day			
Monday	22 April 2019	BANK HOLIDAY								
Tuesday	23 April 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day	downhill/flat		
Tuesday	23 April 2019	Locks Heath Sports Ground	7pm	Frances Lord	Locks Heath	Speed	Pyramids at Locks Heath Sport Ground			
Thursday	25 April 2019	Holly Hill Woodland Park	6:30pm	Chris Stapleford	Sarisbury Green	Hills	All the hills, 30 mins, effort uphill			
Friday	26 April 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed beach intervals defined on the day			
Monday	29 April 2019	Solent Hotel	6:30pm	Tom Mellor	Whiteley	Hills	1K loops on Leafy lane	2min recovery	RR10 Stoney Cross	
Tuesday	30 April 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day			
Tuesday	30 April 2019	Locks Heath Sports Ground	7pm	Mike White	Chilling Field	Hills	30min of Loops from the beach plus short hill			
Thursday	02 May 2019	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	Oregon Circuits on village green			
Friday	03 May 2019	Crofton Community Centre	9:00am	Tina Chantrey	Crofton Community Centre	Speed	Mixed beach intervals defined on the day			
Monday	06 May 2019	BANK HOLIDAY								
Tuesday	07 May 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day	2min walk back downhill/flat	HRRL Alton 10ml	
Tuesday	07 May 2019	Locks Heath Sports Ground	7pm	Frances Lord	Brownwich lane	Speed	35min of 1ml or 1km repetitions			
Thursday	09 May 2019	Holly Hill Woodland Park	6:30pm	Julie Ashman	Sarisbury Green	Hills	Short hilly loop, 25 mins , effort uphill & over			
Friday	10 May 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed beach intervals defined on the day			
Monday	13 May 2019	Solent Hotel	6:30pm	Tom Mellor	Whiteley	Hills	30s on the whistle	on up hills!	HRRL Netley 10K	
Tuesday	14 May 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day			
Tuesday	14 May 2019	Boxing Club (opposite Titchfield N	7pm	Mike White	Near Fisherman's Rest	Hills	Hill repetitions on bridle path with focus on down hill efforts			
Thursday	16 May 2019	Crofton Community Centre	6:30pm	Andy Simpson	Eric Road	Speed	4ml Club Time Trial			
Friday	17 May 2019	Crofton Community Centre	9:00am	Tina Chantrey	Crofton Community Centre	Speed	Mixed beach intervals defined on the day			
Monday	20 May 2019	Solent Hotel	6:30pm	Mike White	Whiteley	Speed	Around the lake pace judgement session	Continuous		
Tuesday	21 May 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day			
Tuesday	21 May 2019	Locks Heath Sports Ground	7pm	Frances Lord	Hook Field	Speed	Paarluff (paired runs) flag session			
Thursday	23 May 2019	Holly Hill Woodland Park	6:30pm	Chris Stapleford	Sarisbury Green	Hills	All the hills in reverse, 30 mins, effort uphill			
Friday	24 May 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed beach intervals defined on the day			
Monday	27 May 2019	BANK HOLIDAY								
Tuesday	28 May 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day	Along pavement	SDW Relay Sat RR10 Blackfield	
Tuesday	28 May 2019	Locks Heath Sports Ground	7pm	Mike White	Sports Ground	Hills	30mins of (Short flat + Short hill reps with Active Recoveries)			
Thursday	30 May 2019	Crofton Community Centre	6:30pm	Chris Stapleford	Lee on the Solent	Speed	1 min sprints by The Shack on Marine Parade West			
Friday	31 May 2019	Crofton Community Centre	9:00am	Tina Chantrey	Crofton Community Centre	Speed	Mixed beach intervals defined on the day			
Monday	03 June 2019	Solent Hotel	6:30pm	John Blake	Whiteley	Speed	30 secs fast, 30 secs faster, 30 secs fastest x 10	90 secs between effort	RR10 FlemingPark	
Tuesday	04 June 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day	2min RI downhill/flat		
Tuesday	04 June 2019	Locks Heath Sports Ground	7pm	Frances Lord	Chilling field	Speed	35min of 1K repetitions			
Thursday	06 June 2019	Holly Hill Woodland Park	6:30pm	Julie Ashman	Sarisbury Green	Hills	Rollercoasters, 30 mins, effort uphill			
Friday	07 June 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed beach intervals defined on the day			
Monday	10 June 2019	Solent Hotel	6:30pm	Tom Mellor	Whiteley	Hills	Down hill techiques session Whiteley Lane	HRRL Alresford 10K		
Tuesday	11 June 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day			
Tuesday	11 June 2019	Boxing Club (opposite Titchfield N	7pm	Mike White	Titchfield Barn	Hills	Titchfield barn Long hill efforts			
Thursday	13 June 2019	Crofton Community Centre	6:30pm	Phil Hobby	Stubbington	Speed	Oregon Circuits on village green			
Friday	14 June 2019	Crofton Community Centre	9:00am	Tina Chantrey	Crofton Community Centre	Speed	Mixed beach intervals defined on the day			
Monday	17 June 2019	Solent Hotel	6:30pm	John Blake	Whiteley	Speed	30 minutes of 1 mile reps - even paces	2 minutes between each	SGR Cheriton Trail Race RR10 Manor Farm	
Tuesday	18 June 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day	Continuous downhill/flat		
Tuesday	18 June 2019	Locks Heath Sports Ground	7pm	Frances Lord	Football Field	Speed	Fartlek Session			
Thursday	20 June 2019	Holly Hill Woodland Park	6:30pm	Chris Stapleford	Sarisbury Green	Hills	Fig of 8, 30 mins, effort uphill			
Friday	21 June 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed beach intervals defined on the day			
Monday	24 June 2019	Solent Hotel	6:30pm	Tom Mellor	Whiteley	Hills	Pyramids 30/50/70/50/30 on the whistle	2 min between sets	HRRL Lordshill 10K	
Tuesday	25 June 2019	Crofton Community Centre	9:00am	Lisa Donn	Stubbington	Speed	Interval session to be defined on the day			
Tuesday	25 June 2019	Locks Heath Sports Ground	7pm	Mike White	Red Path	Hills	2x6 conituous loops at top of red path			
Thursday	27 June 2019	Crofton Community Centre	6:30pm	Andy Simpson	Eric Road	Speed	4ml Club Time Trial			
Friday	28 June 2019	Crofton Community Centre	9:00am	Tina Chantrey	Stubbington	Speed	Mixed beach intervals defined on the day			