

Date	Meet	Time	Owning Coach	Location	Hills or Speed	Effort	Recovery	Weekend/Weekday races
01 July 2019	Solent Hotel	6:30pm	Tom Mellor	Lakes	Speed	Tempo Pace Judgement		
02 July 2019	Crofton Community Centre	9:00am	Lisa Donn	Interval session to be defined on the day	Speed			
02 July 2019	Car park opposite Titchfield Mill	7pm	Frances Lord	Boxing Club Sports Field	Speed	Paarlaufs on sports field	Jog across field	RR10 University Fields
04 July 2019	Holly Hill Woodland Park	6:30pm	Nigel Whitcher	Hills session to be defined on the day	Hills			
04 July 2019	Whiteley	9:30am	Louise Tanner	Interval session to be defined on the day	Hills			
06 July 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
08 July 2019	Solent Hotel	6:30pm	Tom Mellor	Zigzag Path	Hills	Long Hills - 1K loops		
09 July 2019	Crofton Community Centre	9:00am	Lisa Donn	Interval session to be defined on the day	Speed			
09 July 2019	Locks Heath Sports Ground	7pm	Mike White	Titchfield Coach hill	Hills	Short hill repetitions (25 to 30min)	S&C in between reps	RR10 WHITELEY (SGR ORGANISING)
11 July 2019	Crofton Community Centre	6:30pm	Chris Stapleford	Lee Seafront, Beach huts	Speed	Efforts on shingle, emphasis on style & pacing as much as power	recovery jog back to start	
11 July 2019	Whiteley	9:30am	Louise Tanner	Interval session to be defined on the day	Hills			
13 July 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
15 July 2019	Solent Hotel	6:30pm	John Blake	Parkway and Forest track	Speed	Progressive ramp ups (steady, fast, recovery) - 30 mins	Every 3rd part	
16 July 2019	Crofton Community Centre	9:00am	Lisa Donn	Interval session to be defined on the day	Speed			
16 July 2019	Locks Heath Sports Ground	7pm	Frances Lord	Red path	Speed	Speed play (Fartlek) session using lamp posts	90s rest	RR10 Janesmore Pond
18 July 2019	Holly Hill Woodland Park	6:30pm	Nigel Whitcher	Hills session to be defined on the day	Hills			
18 July 2019	Whiteley	9:30am	Louise Tanner	Interval session to be defined on the day	Hills			
20 July 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
22 July 2019	Solent Hotel	9:00am	Tom Mellor	Leafy Lane	Hills	Short Hills - Summit Attacks		
23 July 2019	Crofton Community Centre	9:00am	Louise Tanner	Interval session to be defined on the day	Speed			
23 July 2019	Locks Heath Sports Ground	7pm	Mike White	Nr Fisherman's Rest	Hills	30mins of Long and short hills near Fisherman's Rest	On down hills	
25 July 2019	Crofton Community Centre	6:30pm	Andy Simpson	Eric Road	Speed	4ml Club Time Trial		
25 July 2019	Whiteley	9:30am	Louise Tanner	Interval session to be defined on the day	Hills			
27 July 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
29 July 2019	Solent Hotel	6:30pm	John Blake	Meadowside	Speed	Meadowside Circuits + strength building exercises - 30 mins	One of the long sides	
30 July 2019	Crofton Community Centre	9:00am	Louise Tanner	Interval session to be defined on the day	Speed			
30 July 2019	Locks Heath Sports Ground	7pm	Mike White	Football field Hunts Pond Road	Speed	Flag session; (1min, 1.5, 2, 2.5, 2, 1.5, 1min) out and back on Whistle	90s rest	
01 August 2019	Holly Hill Woodland Park	6:30pm	Nigel Whitcher	Hills session to be defined on the day	Hills			
01 August 2019	Whiteley	9:30am	Louise Tanner	Interval session to be defined on the day	Hills			
03 August 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
05 August 2019	Solent Hotel	9:00am	John Blake	Johnson View/Leafy Lane	Hills	Summit Attacks - 30 mins	Down the zigzag path	
06 August 2019	Crofton Community Centre	9:00am	No Session		Speed			
06 August 2019	Locks Heath Sports Ground	7pm	Frances Lord	Woodpecker Copse	Hills	Kenyon Hills (4 or 5 x 6min)	2min rest	HART 4 Relay
08 August 2019	Crofton Community Centre	6:30pm	Chris Stapleford	Lee Seafront, Marine Parade	Speed	1 min efforts out & back from on Gosport sign by The Shack.	90sec recovery between efforts	
08 August 2019	Whiteley	9:30am	No Session		Hills			
10 August 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
12 August 2019	Solent Hotel	6:30pm	John Blake	Parkway/Whiteley Way	Speed	1 mile loops (plus a shorter loop to finish on if required)	2 mins between reps	
13 August 2019	Crofton Community Centre	9:00am	No Session		Speed			
13 August 2019	Locks Heath Sports Ground	7pm	Mike White	Chilling field	Speed	30mins of loops from the beach	n/a	RR10 IBM Hursley
15 August 2019	Holly Hill Woodland Park	6:30pm	Nigel Whitcher	Hills session to be defined on the day	Hills			
15 August 2019	Whiteley	9:30am	No Session		Hills			
17 August 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
19 August 2019	Solent Hotel	6:30pm	Tom Mellor	Zigzag Path	Speed	Short Hills - Pyramids	2 mins between each set	
20 August 2019	Crofton Community Centre	9:00am	Louise Tanner	Interval session to be defined on the day	Speed			
20 August 2019	Locks Heath Sports Ground	7pm	Frances Lord	Titchfield Barn	Hills	Long and short hills	On downhill	
22 August 2019	Crofton Community Centre	6:30pm	Andy Simpson	Eric Road	Speed	4ml Club Time Trial		
22 August 2019	Whiteley	9:30am	Louise Tanner	Interval session to be defined on the day	Hills			
24 August 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
26 August 2019	BANK HOLIDAY							
27 August 2019	Crofton Community Centre	9:00am	Lisa Donn	Interval session to be defined on the day	Speed			
27 August 2019	Locks Heath Sports Ground	7pm	Mike White	Football field Hunts Pond Road	Speed	2,4,6,6,4,2 min hooter session round flags	2min jog recovery with 3min rest after first 6min effort	Maidenhead Half Marathon (GB Masters)
29 August 2019	Holly Hill Woodland Park	6:30pm	Nigel Whitcher	Hills session to be defined on the day	Hills			
29 August 2019	Whiteley	9:30am	Louise Tanner	Interval session to be defined on the day	Hills			
31 August 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
02 September 2019	Solent Hotel	6:30pm	John Blake	Zig zag path	Hills	4 x 6 min Kenyan hills	2 mins between each set	
03 September 2019	Crofton Community Centre	9:00am	Lisa Donn	Interval session to be defined on the day	Speed			
03 September 2019	Locks Heath Sports Ground	7pm	Frances Lord	Titchfield	Hills	Short hill loops (25 to 30min)	On downhill	
05 September 2019	Crofton Community Centre	6:30pm	Chris Stapleford	Near the Osbourne View	Speed	600m efforts on Solent Rd and Cottes Way	200m recovery (Hill Head Rd & Carisbrooke Ave)	
05 September 2019	Whiteley	9:30am	Louise Tanner	Interval session to be defined on the day	Hills			
07 September 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
09 September 2019	Solent Hotel	6:30pm	Tom Mellor	Meadowside	Speed	2x10 mins Speed Endurance		
10 September 2019	Crofton Community Centre	9:00am	Lisa Donn	Interval session to be defined on the day	Speed			
10 September 2019	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	
12 September 2019	Holly Hill Woodland Park	6:30pm	Nigel Whitcher	Hills session to be defined on the day	Hills			
12 September 2019	Whiteley	9:30am	Louise Tanner	Interval session to be defined on the day	Hills			
14 September 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
16 September 2019	Solent Hotel	6:30pm	Chris Stapleford	Zig zag path	Hills	30 second hard efforts		
17 September 2019	Crofton Community Centre	9:00am	Lisa Donn	Interval session to be defined on the day	Speed			
17 September 2019	Locks Heath Sports Ground	7pm	Frances Lord	St John's Road	Hills	Up to 6x Long + Short Hills	On downhill	
19 September 2019	Crofton Community Centre	6:30pm	Andy Simpson	Eric Road	Speed	4ml Club Time Trial		
19 September 2019	Whiteley	9:30am	Louise Tanner	Interval session to be defined on the day	Hills			
21 September 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			
23 September 2019	Solent Hotel	6:30pm	John Blake	Meadowside	Speed	30 fast, 30 faster, 30 fastest x 8	1 min 30 sec recoveries between each set	
24 September 2019	Crofton Community Centre	9:00am	Lisa Donn	Interval session to be defined on the day	Speed			
24 September 2019	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)	
26 September 2019	Holly Hill Woodland Park	6:30pm	Nigel Whitcher	Hills session to be defined on the day	Hills			
26 September 2019	Whiteley	9:30am	Louise Tanner	Interval session to be defined on the day	Hills			
28 September 2019	Crofton Community Centre	9:00am	Tina Chantrey	Mixed beach intervals defined on the day	Speed			