

Date	Meet	Time	Owning Coach	Hills or Speed	Location / Session description	Weekend/Weekday races
30 December 2019	No Session	6:30pm	No Sessions			
31 December 2019	No Session	9:00am	No Sessions			
31 December 2019	No Session	7pm	No Sessions			
01 January 2020	Crofton Community Centre	6:45pm	No Sessions			HANTS XC CHAMPS 4th Jan Fairthorne Manor CC6 5th Jan Badger Fm
02 January 2020	No Session	9:30am	No Sessions			
02 October 2019	No Session	06:30	No Sessions			
03 January 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
06 January 2020	Solent Hotel	6:30pm	Tom Mellor	Speed	Meadowside/ Tempo run with strength exercises continuous 25/30 mins, recovery along 1 of the long sides	
07 January 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	30/20/10 sec efforts 2min recovery x 8	
07 January 2020	Locks Heath Sports Ground	7pm	Frances Lord	Speed	Red Path / Speed play (Fartlek) session using lamp posts, 3min recoveries	Stubbington 10K 12th Jan
08 January 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Eric Road triangle: Run 1 side (Gosport Rd faster), recover 1 side	
09 January 2020	Holly Hill Leisure Centre	6:25pm	Andy Simpson	Speed	Club Winter Time Trial Series	
09 January 2020	Whiteley	9:30am	Louise Tanner	Hills	Whiteley Lane - 40 second uphill efforts	
10 January 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
13 January 2020	Solent Hotel	6:30pm	John Blake	Hills	Zig zag path / 4 x 6 mins Kenyan Hills, 2 min recovery between sets	
14 January 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	Pyramid of speed efforts 1/2/3/4/3/2/1 minute, 90 sec rec	
14 January 2020	Locks Heath Sports Ground	7pm	Frances Lord	Hills	St John's Road / Long and short hills (high vis mandatory)	CC6 19th Jan King's Garn Enclosure SSC 19th Jan Chawton House
15 January 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Cottes Way rectangle: run long side (~350m), recover short side (175m)	
16 January 2020	SARISBURY Community Centre	6:30pm	Nigel Whitcher	Hills	Cricket Ground/ Warm up on field then Long Hills	
16 January 2020	Whiteley	9:30am	Louise Tanner	Hills	Rookery Drive - hilly fartleks	
17 January 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
20 January 2020	Solent Hotel	6:30pm	Tom Mellor	Speed	Location TBC/ 8 x (3 x 30 secs) fast, faster, fastest, 90s recovery between reps	
21 January 2020	Crofton Community Centre	9:00am	Louise Tanner	Speed	TBD	
21 January 2020	Locks Heath Sports Ground	7pm	Mike White	Speed	Sovereign Crescent / 2x4x800 (or 600m alternative), (~35min total), jog back recoveries	Southern XC Champs 25th Jan Parliament Hill
22 January 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Eric road triangle: repeat (2 side effort, 1 recover; 1 side faster effort, 1 recover)	
23 January 2020	Crofton Community Centre	6:30pm	Nigel Whitcher	Speed	Cuckoo lane/ 1 km loops	
23 January 2020	Whiteley	9:30am	Louise Tanner	Hills	Woods - uphill efforts/ 90s, 60s, 30s	
24 January 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
27 January 2020	Solent Hotel	6:30pm	John Blake	Hills	Zig zag path / 3 x (4 x 30 secs) hill sprints, 90s between efforts and 2min recovery between	
28 January 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	20sec fast 20 sec faster, 90 sec recovery x 10 reps	
28 January 2020	Locks Heath Sports Ground	7pm	Frances Lord	Hills	Sports Ground / 30min of (Short Hill + Short Flat with slow jog recoveries), recovery along	
29 January 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Cottes Way rectangle: 2 side effort, 1 recovery	
30 January 2020	SARISBURY Community Centre	6:30pm	Nigel Whitcher	Hills	Cricket Ground/ Warm up on field then Hill Pyramid	Ryde 10ml race 2nd Feb
30 January 2020	Whiteley	9:30am	Louise Tanner	Hills	Zig-zag - summit attack (effort to top + faster on flat).	
31 January 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
03 February 2020	Solent Hotel		Tom Mellor	Speed	Meadowside / Progressive run continuous 25/30 mins (3 sides at recovery, 10k, 5k or quicker	
04 February 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	Slopes and shingle - mixed terrain 2 x 12 minute efforts with jog recovery	
04 February 2020	Locks Heath Sports Ground	7pm	Mike White	Speed	Prelate way / 1K repetitions with short walk recoveries (35min), 2min RI	SSC 9th Feb Alice Holt Forest
05 February 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Eric Road triangle: Run 1 side (Gosport Rd faster), recover 1 side	
06 February 2020	Crofton Community Centre	6:30pm	Nigel Whitcher	Speed	Cottes way/ 600m intervals	
06 February 2020	Whiteley	9:30am	Louise Tanner	Hills	Whiteley Lane - lampost pyramids	
07 February 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
10 February 2020	Solent Hotel	6:30pm	John Blake	Hills	Zig zag path / 1k loops continuous 25/30 mins up zig zag path, recovery down leafy lane	
11 February 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	Flying 60's x 12 with 90 second recovery	
11 February 2020	Locks Heath Sports Ground	7pm	Frances Lord	Hills	Woodpecker close / Kenyan hills 4x6min, 2min rest recoveries	CC6 16th Feb Adhurst Campsite
12 February 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Cottes Way rectangle: 3 side effort (~650m), 1 recovery (~380m)	
13 February 2020	SARISBURY Community Centre	6:30pm	Nigel Whitcher	Hills	Cricket Ground/ Warm up on field then Short Hills Intervals	
13 February 2020	Whiteley	9:30am	Louise Tanner	Hills	Lady Betty's Drive - 30 second uphill efforts	
14 February 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
17 February 2020	Solent Hotel	6:30pm	Tom Mellor	Speed	The business park lakes / 26 mins continuous cone session. 2 mins out followed by 6 x 4 mins	
18 February 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	No Session (Half Term week)	
18 February 2020	Locks Heath Sports Ground	7pm	Mike White	Speed	Sovereign Crescent / 2x4x800 (or 600m alternative), (~35min total), jog back to start	English XC Champs 22nd Feb Wollaton Park
19 February 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Eric road triangle: 2 sides effort (~500m), 1 recovery (~250m)	
20 February 2020	Holly Hill Leisure Centre	6:25pm	Andy Simpson	Speed	Club Winter Time Trial Series	
20 February 2020	Whiteley	9:30am	Louise Tanner	Hills	No Session (Half Term week)	
21 February 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
24 February 2020	Solent Hotel	6:30pm	Tom Mellor	Hills	Zig zag path / 3 x (30-50-70-50-30 sec) hill pyramid, 90s rest between efforts, 2 min between	
25 February 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	Alternators of 10k pace and 5k pace efforts with 2 min recovery	
25 February 2020	Locks Heath Sports Ground	7pm	Frances Lord	Hills	Garston's close / Pyramid of hills session, (30min), recovery on down hills	
26 February 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Cottes Way rectangle: run long side (~350m), recover short side (175m)	
27 February 2020	Sarisbury Cricket Ground	6:30pm	Nigel Whitcher	Hills	Cricket Ground/ Warm up on field then Hill/ Flat loop 1km	
27 February 2020	Whiteley	9:30am	Louise Tanner	Hills	Woods - uphill efforts, 30s, 50s, 70s x 3 sets	
28 February 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
02 March 2020	Solent Hotel	6:30pm	John Blake	Speed	Meadowside / Tempo run with strength exercises continuous 25/30 mins, recovery along one of the sides	
03 March 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	Lampost Fartlek 2 min efforts x 6, 1 minute recovery - speed finisher	
03 March 2020	Locks Heath Sports Ground	7pm	Mike White	Speed	Sports Ground / Pyramid of out and back on whistle, 2min recovery	CC6 8th Mar Wilverly New Forest
04 March 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Eric road triangle: repeat (3 side 750m effort , 1 recovery; 4 side 1km effort 1, recovery)	
05 March 2020	Crofton Community Centre	6:30pm	Nigel Whitcher	Speed	Lee front/ 10x 2mins speed efforts	
05 March 2020	Whiteley	9:30am	Louise Tanner	Hills	Zig-zag path - Kenyan Hills	
06 March 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
09 March 2020	Solent Hotel	6:30pm	Tom Mellor	Hills	Zig zag path / 3 x 8 mins Kenyan Hills, 2min between sets	
10 March 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	30 sec fast, 1 min rec, 1 min fast, 1 min rec x 10 sets	
10 March 2020	Locks Heath Sports Ground	7pm	Frances Lord	Hills	St John's Road / 4 to 5 x 1ml loops (40min); short walk recoveries	
11 March 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Cottes Way rectangle: 2 side effort, 1 recovery	
12 March 2020	Sarisbury Cricket Ground	6:30pm	Nigel Whitcher	Hills	Cricket Ground/ Warm up on field then Long Hills	
12 March 2020	Whiteley	9:30am	Louise Tanner	Hills	Whiteley Lane - 40 second uphill efforts	
13 March 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
16 March 2020	Solent Hotel	6:30pm	John Blake	Speed	TBC / 10 x (3 x 30 secs) fast, faster, fastest, recovery 90 secs between reps	
17 March 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	mixed pace longer intervals with active recovery to regroup	
17 March 2020	Locks Heath Sports Ground	7pm	Mike White	Speed	Sovereign Crescent / 2x(6 x three sides), walk remaining side along Warsash Road	
18 March 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Eric Road triangle: Run 1 side (Gosport Rd faster), recover 1 side	
19 March 2020	Holly Hill Leisure Centre	6:25pm	Andy Simpson	Speed	Club Winter Time Trial Series	
19 March 2020	Whiteley	9:30am	Louise Tanner	Hills	Rookery Drive - lampost pyramids	
20 March 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
23 March 2020	Solent Hotel	6:30pm	Tom Mellor	Hills	Zig zag path / 3 x (3 x 45 secs) hill sprints, recovery 90 secs between efforts, 2 mins between sets	
24 March 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	Gear changer efforts 30/30, regroup 90 sec recovery x 10	
24 March 2020	Locks Heath Sports Ground	7pm	Frances Lord	Hills	Coach Hill Titchfield / 2x15mins of hill repeats to road on left, recovery jog back down	Salisbury 10ml Race 29th March
25 March 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Cottes way rectangle - repeat (3 side effort, 1 recovery; 4 side effort 1, recover)	
26 March 2020	Sarisbury Cricket Ground	6:30pm	Nigel Whitcher	Hills	Cricket Ground/ Warm up on field then Hill Pyramid	
26 March 2020	Whiteley	9:30am	Louise Tanner	Hills	Zig-zag path uphill efforts - 60s, 45s, 30s.	
27 March 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	
30 March 2020	Solent Hotel	6:30pm	John Blake	Speed	Meadowside / Progressive run continuous 25/30 mins (3 sides at recovery, 10k, 5k or quicker paces), recovery every 3rd side	
31 March 2020	Crofton Community Centre	9:00am	Lisa Donn	Speed	Slopes, steps and shingle - continuous changes, 2 min effort x 10, 90 sec rec	
31 March 2020	Locks Heath Sports Ground	7pm	Mike White	Speed	Football Field (or hook field) / Flag session out and back on whistle, 2min recovery	
01 April 2020	Crofton Community Centre	6:45pm	Chris Stapleford	Speed	Lee seafront 12 x (60sec effort, 60sec recovery)	
02 April 2020	Crofton Community Centre	6:30pm	Nigel Whitcher	Speed	Cuckoo lane/ 1 km loops	
02 April 2020	Whiteley	9:30am	Louise Tanner	Hills	Woods - continuous efforts (4 x 6 min intervals with 2 min recovery)	
03 April 2020	Crofton Community Centre	9:00am	Tina Chantrey	Speed	Mixed beach intervals with Strength and Conditioning	