

# Victory AC

Autumn/ Winter **Tuesdays** Training Schedule

All sessions start at **6:30 pm sharp** from outside **Havant Leisure Centre**  
**Schedule objective – Maintain/build endurance**

Date/time	Route	Est. Mileage	Info	Sweeper
04/10/11	<b>Winter Hcap</b>	5K		
11/10/11	Hayling (tempo)	5	<b>Gold std – 2 laps of Victoria Rd - Kingsway loop</b>	Malcolm/ Richard
18/10/11	Emsworth (tempo)	5-6	Push hard from underpass back to underpass <b>reverse course</b>	Martin/Belinda
25 Oct 11	Portsmouth Hill - Farlington Ave	6-7	<b>Reverse course – up Farlington Ave down Portsmouth hill</b>	Graham /Marilyn
<b>30 Oct 11</b>	<b>Clocks go back</b>			
01/11/11	<b>Winter Hcap</b>	5k		
08/11/11	Hayling (tempo)	5	As 11/10 session	Belinda/Malcolm
15/11/11	Crookhorn/Purbrook	6-8	Via ASDA r'bout	Richard/Martin
22/11/11	Emsworth (tempo)	5-6	As 18 Oct session	Marilyn /Graham
29/11/11	Hayling (tempo)	5	As 11/10 session	Malcolm/Richard
06/12/11	<b>Winter handicap</b>	<b>5K</b>		
13/12/11	Emsworth (tempo)	5-6	As 18 Oct Session	Martin/Belinda
20/12/11	Portsmouth Hill– Farlington ave	6-7	<b>Reverse course – up Farlington Ave down Portsmouth hill</b>	Graham/Marilyn
27/12/11	Crookhorn/Purbrook	6-8	Via ASDA r'bout	Kevin/Malcolm
03/01/12	<b>Winter H/Cap</b>	<b>5K</b>		
10/01/12	Hayling (tempo)	5	As 11 Oct session	Belinda/ Martin
17/01/12	Crookhorn/Purbrook	6-8	Via ASDA r'bout	Richard/Graham
24/01/12	Emsworth (tempo)	5-6	As 18 Oct session	Marilyn/Richard
31/01/12	Portsmouth Hill– Farlington ave	6-7	<b>Reverse course – up Farlington Ave down Portsmouth hill</b>	Malcom/Belinda
07/02/12	<b>Winter H/Cap</b>	<b>5K</b>	As 11 Oct session	
14/02/12	Emsworth (tempo)	5-6	As 18 Oct session	Martin/Marilyn
21/02/12	Crookhorn/Purbrook	6-8	Via ASDA r'bout	Kevin/Malcolm
28/02/12	Hayling (tempo)	5		Graham/Martin
06/03/12	<b>Winter H/Cap</b>	<b>5K</b>	As 11 Oct session	
13/03/12	Emsworth (tempo)	5-6	As 18 Oct session	Belinda/Graham
20/03/12	Portsmouth Hill–	6-7	<b>Reverse course – up</b>	Richard/Marilyn

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## Tuesdays

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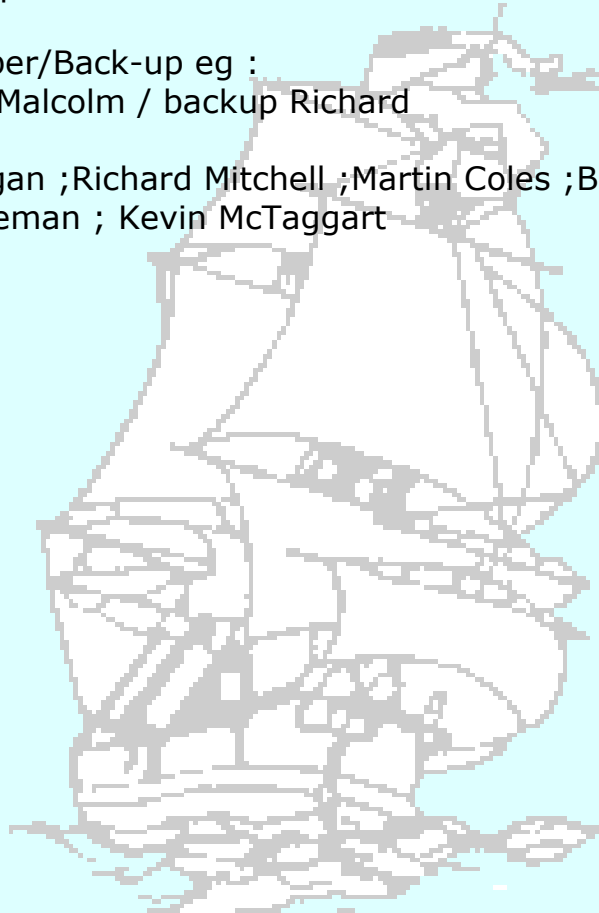
	Farlington ave		<b>Farlington Ave down Portsdown hill</b>	
<b>25<sup>th</sup> March '12</b>	<b>Clocks go forward</b>			
27/03/12	Rowlands Castle		Fields first	

[Havant Leisure Centre, Civic Centre Rd, Havant, Hampshire, PO9 2AY](#)

Note : Sweepers

Prime sweeper/Back-up eg :  
11/10/11 – Malcolm / backup Richard

Malcolm Hagan ;Richard Mitchell ;Martin Coles ;Belinda Harding;  
Graham Coleman ; Kevin McTaggart



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