



Victory Athletic Club

Affiliated to English Athletics; SEAA & HAA

Thursday Autumn/Winter Training Schedule 2018/2019

*All sessions start at 6PM sharp
from outside Havant Leisure Centre*

Each session is preceded by a warm up jog.

Date	Session	Coach
4 Oct	1 st Winter Handicap	
11	Barton's Road – Hills	Mary/Kev
18	Havant Park - Pyramid	Lucy/Chris
25	Warblington – 800m reps	Lesley
1 Nov	2 nd Winter Handicap	
8	Warblington Railway Path – 400m	Nicola
15	Warblington – 1m reps	Mary
22	Barton's Road – Hills	Lucy/Chris
29	West Leigh Cycle Track – Fartlek (fast, slow, fast, slow)	Kev
6 Dec	3 rd Winter Handicap	
13	Warblington – 800m	Lesley
20	Havant Park – 400/155	Marilyn
27	West Leigh Cycle Track - Fartlek	Lesley
3 Jan	4 th Winter Handicap	
10	Barton's Road – Hills	Mary/Debbie
17	Warblington – 1m reps	Nicola
24	Warblington Railway Path – 400m	Kev
31	5 th Winter Handicap	
7 Feb	Barton's Road – Hills	Lucy/Chris
14	Havant Park - Pyramid	Marilyn
21	Warblington – 800m	Lesley
28	Final Winter Handicap	
7 Mar	Barton's Road - Hills	Lesley/Nicola
14	West Leigh Cycle Track – Fartlek (fast, slow, fast, slow)	Kev
21	Havant Park – 400/155	Mary
28	1 st Summer Short Handicap	

All sessions are 25 min efforts with warmup/cool down
Try to have min 1 mile warm up and 0.5 mile cool down
Stretching at the end of all sessions
No alternative sessions on any Winter sessions