



# Victory Athletic Club

Affiliated to English Athletics; SEAA & HAA

## Tuesday Training Schedule Autumn /Winter 2018/19

All sessions start at 6:30pm **sharp** from outside Havant Leisure Centre

There are now suggestions for tempo sessions for some runs

- these are optional for those wishing to target aerobic development.

C25K Start Jan 10 – Debbie/Lesley

Date	Session	Coach	Sweeper
2 Oct	Farlington Ave/Winter Handicap Recce	Gemma/Becki	Kate Parks
9	Emsworth Tempo	Nicola	Lucy Cowlin
16	Rowlands 10k (can be extended up Link's Lane 1.2m)	Pete	Roger
23	Crookhorn (Can be extended up London Rd 1.5-2.5m)	Lesley	Sara Heath
30	Emsworth 10k	Debbie/Marilyn	Amanda Rudkin
6 Nov	Farlington Ave	Mary	
13	Emsworth Tempo	Gemma	Colin Robson
20	Rowlands 10k (can be extended up Link's Lane 1.2m)	Nicola	Peter Beachill
27	Crookhorn (Can be extended up London Rd 1.5-2.5m)	Pete	Jo Gilholm
4 Dec	Emsworth 10k	Lesley	Lisa Slight
11	Farlington Ave	Debbie/Marilyn	Lisa Emson
18	Hayling – Victoria Road Loop x 2 (CHRISTMAS LIGHTS)	Mary	John Cowlin
25	Christmas Day		
1 Jan	Emsworth Tempo	Dave	Richard Turner
8	Rowlands 10k (can	Gemma	Dee

	be extended up Link's Lane 1.2m)		Simms
15	Emsworth 10k	Nicola	Bridget Main
22	Farlington Ave	Pete	Mark Cooter
29	Emsworth Tempo	Belinda	
5 Feb	Rowlands 10k (can be extended up Link's Lane 1.2m)	Debbie/Marilyn	Hannah Lowry
12	Crookhorn (Can be extended up London Rd 1.5-2.5m)	Mary	Helen Boiling
19	Emsworth 10k	Gemma	Mandy Coles
26	Farlington Ave	Nicola	Simon Turner
5 Mar	Emsworth Tempo	Pete	Zoe Gill
12	Rowlands 10k (can be extended up Link's Lane 1.2m)	Lesley	Beth Pirie
19	Crookhorn (Can be extended up London Rd 1.5-2.5m)	Debbie/Belinda	John Gallagher
26	Emsworth 10k/Short Handicap Recce	Mary/Nicola	Michelle Jones

No Leigh Park run – replaced with Rowland's 10k  
 Tuesday Hill runs do not coincide with Barton's Hill session  
 Stretching at the end of all sessions  
 No alternative on any Winter sessions