



# Victory Athletic Club

Affiliated to English Athletics; ARC, SEAA & HAA

## Thursday Spring/ Summer Training Schedule 2017

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

Each session is preceded by a warm up jog.

| Date     | Location      | Session   | Bronze | Silver | Gold | Coach        | Junior |
|----------|---------------|---|--------|--------|------|--------------|--------|
| 30/03/17 |               | <a href="#">Ian Murray Short Handicap - race 1</a>  |        |        |      |              | UJ     |
| 06/04/17 | Staunton Park | Fartlek round lake – 30 mins  |        |        |      | Nicola       | AJ/UJ  |
| 13/04/17 |               | <a href="#">Mike Edwards Summer Long Handicap – race 1</a>  |        |        |      |              | Non    |
| Or       |               | Short H/Cap route   |        |        |      | Un coached   | UJ     |
| 20/04/17 | Mill Lane     | Up and Over hills (300 mtrs) – 30 mins  |        |        |      | Gemma        | AJ     |
| 27/04/17 |               | <a href="#">Ian Murray Short Handicap – race 2</a>  |        |        |      |              | UJ     |
| 04/05/17 | WL            | Fartlek round field perimeter   | 3      | 4      | 5    | Kevin        | AJ     |
| 11/05/17 |               | <a href="#">Mike Edwards Summer Long Handicap – race 2</a>  |        |        |      |              | Non    |
| Or       |               | Short H/Cap route   |        |        |      | Un coached   | AJ     |
| 18/05/17 | WL            | Vo2 Max   |        |        |      | Pete/Mary    | AJ     |
| 25/05/17 |               | <a href="#">Ian Murray Short Handicap - race 3</a>  |        |        |      |              | UJ     |
| 01/06/17 | SP            | Fartlek, figure of 8. Short hill jog recover down hill. 450 mtr round lake, 200 mtr jog recover – 30 mins |        |        |      | Malcolm      | AJ     |
| 08/06/17 |               | <a href="#">Mike Edwards Summer Long Handicap – race 3</a>  |        |        |      |              | Non    |
| Or       |               | Short H/Cap route   |        |        |      | Uncoached    |        |
| 14/06/17 |               | <b>HAYLING BILLY 5 miles</b>  |        |        |      |              |        |
| 15/06/17 | WL            | Pyramid session/ Chelsea Sq   |        |        |      | Malcolm      | AJ     |
| 22/06/17 | WC            | Hard from motorway to Havant Road, recover into cul-de-sac, hard back to motorway- 30mins                 |        |        |      | Nicola       | UJ     |
| 29/06/17 |               | <a href="#">Ian Murray Short Handicap - race 4</a>  |        |        |      |              | UJ     |
| 06/07/17 | ML            | Up and Over hills (300 mtrs) – 30 mins  |        |        |      | Gemma        | AJ     |
| 13/07/17 |               | <a href="#">Mike Edwards Summer Long Handicap – race 4</a>  |        |        |      |              | Non    |
| or       |               | Short H/Cap route   |        |        |      | Uncoached    |        |
| 20/07/17 | WL            | VO2 Max   |        |        |      | Pete/Mary    | AJ     |
| 27/07/17 |               | <a href="#">Ian Murray Short Handicap - race 5</a>  |        |        |      |              | UJ     |
| 03/08/17 | WL            | Mixed intervals around cricket pitch  |        |        |      | Kevin        | UJ     |
| 10/08/17 |               | <a href="#">Mike Edwards Summer Long Handicap – race 5</a>  |        |        |      |              | Non    |
| or       |               | Short H/Cap route   |        |        |      | Uncoached    |        |
| 17/08/17 | SP            | Big Hills – 30 mins   |        |        |      | Lesley       | AJ     |
| 24/08/17 | PR            | 1 mile rep + Core session   |        |        |      | Dave/Chris M | AJ     |
| 31/08/17 |               | <a href="#">Ian Murray Short Handicap - race 6</a>  |        |        |      |              | UJ     |
| 07/09/17 | ML            | Up and Over hills (300 mtrs) – 30 mins  |        |        |      | Gemma        | AJ     |

|          |   |   |  |  |  |                       |     |
|----------|---|---|--|--|--|-----------------------|-----|
| 14/09/17 | <u>Mike Edwards Summer Long Handicap – race 6</u> |   |  |  |  |                       | NON |
| or       |   | Short H/Cap route   |  |  |  | Uncoached             | AJ  |
| 21/09/17 | SP  | Fartlek, figure of 8. Short hill jog recover down hill. 450 mtr round lake, 200 mtr jog recover – 30 mins <b>OR</b> <b>W/Hcap recce</b> |  |  |  | Malcolm<br><br>Lesley | AJ  |
| 28/09/17 | <u>Ian Murray Short Handicap - race 7</u>         |   |  |  |  |                       |     |

Please note: These are the club approved training sessions if you do not run these then you run at your own risk and are not covered by Club's 3rd party insurance.

**There is no alternative session for the Long H/Cap – it will be an uncoached Short H/Cap route run.**

Notes on Juniors

Junior (15 and above) friendly runs denoted: UJ or AJ

UJ= unaccompanied Junior; AJ = accompanied Junior

Children aged 12-14 yrs may run with a parent or a designated adult at the sessions which have been labelled AJ on the training schedules.

However, for some of these sessions children may need to be transported to the site of the session, as the warm up / cool down run distance may be in excess of one mile each way.

12-15's are not permitted to enter, or to run at, any of the club handicap races (winter, Summer short, Summer long) or relay races.

Children 15+ are permitted to run by themselves at sessions labelled UJ.

Please check the training schedule or seek advice from one of the coaches, for suitable sessions before bringing a child with you to training.