



Victory Athletic Club

Affiliated to English Athletics; SEAA & HAA

Tuesday Training Schedule Spring/Summer 2017

All sessions start at 6:30pm **sharp** from outside Havant Leisure Centre **unless otherwise stated**
 There are now suggestions for tempo sessions for some runs
 – these are optional for those wishing to target aerobic development.

Date	Route	Session	Distance	Sweeper	Coach	Junior
28/3/17	Emsworth	Emsworth foreshore or recce Short handicap starting 18:15	7 miles	Pete Bone	Dave Mary	N/A
4/4/17	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING V5-10k course wk1	6.5 miles	Ali McNiff	Lisa	
11/4/17	Emsworth	Long Handicap recce V5-10k course wk2	6.5 miles	Beth Pirie	Belinda	
18/4/17	Havant Thicket 2	Progression run: Easy jog to top of steep slope. Gradually pick up pace round remainder of loop. Push hard round second loop. Jog back down straight path to recover 2. meet at Havant Thicket car park V5-10k course wk3	5.5 miles	Jan MacDonal d	Lesley	
25/4/17	Rowlands Castle	Continuous run – multi terrain (New Route) V5-10k course wk4	6 miles	Dave Walker	Becki	
2/5/17	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING V5-10k course wk5	6.5 miles	Neil Blanchard	Lisa	
9/5/17	Hayling Billy trail	HLC – HB Trail 30 mins out – 30 mins back V5-10k course wk6		Dave Lown	Dave	
16/5/17	Old Farlington Marshes	Continuous run – multi terrain V5-10k course wk7	5 miles	Del Chandler	Lesley	
23/5/17	Emsworth Foreshore	Along foreshore to Emsworth around Mill pond and return via Warblington church	7 miles	Katie Lewis	Pete	
30/5/17	Rowlands	Continuous run – multi terrain	6 miles	Dee	Marylin	

	Castle			Simms		
6/6/17	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING	6.5 miles	Amber Ankinson	Lisa	
13/6/17	Old Farlington Marshes	Continuous run – multi terrain	5 miles	Hazel Jenkinson	Mary	
14th Jun		Hayling Billy 5				
20/6/17	Butser 3	Buriton to top of Butser and return meet at Buriton car park car park	6 miles	tbc	Pete	
27/6/17	Havant Thicket 2	See 18 th April above meet at Havant Thicket car park .	5.5 miles	Sara Heath	Lesley	
4/7/17	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING	6.5 miles	Colin Robson	Dave	
11/7/17	Portsmouth Hill	Down Farlington Ave – up Glebe Park	7 miles	Zoe Gill	Becki	
18/7/17	Havant Thicket 2	See 18 th April above meet at Havant Thicket car park	5.5 miles	Laura Praeger	Mary	
25/7/17	Rowlands Castle 4	Continuous run through Stansted meet at Rowlands Castle	6 miles	Bridget Main	Pete	
1/8/17	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING	6.5 miles	Mandy Coles	Lisa	
8/8/17	Old Farlington Marshes	Continuous run – multi terrain	5 miles	Lesley Allen	Becki	
15/8/17	Havant Thicket 2	See 18 th April above meet at Havant Thicket car park	5.5 miles	Shelly Butler	Lesley	
22/8/17	QE Park / Butser 3	Precise route tbc meet at bottom carpark (Car share car park fees apply)	6 miles	Kevin	Pete/Kevin	
29/8/17	Emsworth	Emsworth foreshore	7 miles	Kate Parks	Dave	
5/9/17	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING Victory -5k week1	6.5 miles	Marilyn Crocker	Lisa Mary	
12/9/17	Rowlands Castle	Continuous run – multi terrain New course Victory -5k week2	6 miles	Lisa Slight	Marilyn	
19/9/17	Old Farlington	Continuous run – multi terrain Victory -5k week3	5 miles	Jenny Lown	Mary	

	Marshes					
26/9/17	Portsdown Hill	Down Farlington Ave – up Glebe Park Victory -5k week4	7 miles	Lisa Gatenby	Dave	
3/10/17	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING or Winter H/cap recce Victory -5k week5	6.5 miles	Brian Millo	Becki Lisa	

1. Bidbury Lane car park
2. Havant Thicket car park just off Wichers Gate to Horndean Road
3. Car park at the back of QE Park at the top of Kiln Lane south of Buriton
4. Park close to viaduct by the Rowlands Castle green
5. St Peters Church Hall in Northney, Hayling Island

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.

Notes on Tuesday Summer sessions

Session	Notes
Farlington Marshes	Held on the first Tuesday of the calendar month. Meet at Bidbury Lane car park; approx 1.7 miles out and back with a loop in the middle. Full session about 6.5 miles miles but options for shorter loops exist
Rowlands Castle	From the HLC, across West Leigh playing fields, filed with horses and LandRover track to Rowlands Castle. Back along B2149 Petersfield Road
Havant Thicket	Figure of 8 starting from the car park to Staunton Park followed by northerly loop. If very wet, may change to 2 northerly loops.
Butser Hill	From car park at back of Butser, up path and then down to main QE Park car park. Then under A3 and up to top of Butser and round the trig point at top. Option to just do Butser Hill part of run and park at QE Park main carpark (need to pay). Plan to offer alternative from HLC on these nights... session to be decided on the night depending on who turns up.
Portsdown Hill	The winter route done in the summer, so you can see along the top (and enjoy the views!).
Emsworth Foreshore	Down the Hayling Billy, and then turn left across the field to the foreshore. Then along the shore (or inland across fields depending on tide) to Emsworth Sailing Centre and around the pond. Retrace steps back to Warblington church and then along Pook Lane over the A27 and back using Long handicap route. Options for shorter sessions exist
Hayling Billy Trail	Run for 30 minutes from the HLC, down path at back of Tesco's,

	under A27 down and across bridge to Hayling. Then right onto Hayling Billy trail. Continue down until you have been running for 30 minutes. Then return via same route – objective to finish in exactly 1 hour.
Old Farlington Marshes	Down Hayling Billy to meet Langstone Road. Cross road (very careful!) to Mill Lane, round foreshore, left along Harts Farm Way, then right along stream, over A27 to Bidbury Lane car park and finally left along Havant Road to HLC
Rowlands / Stansted	Meet at Rowlands Castle near viaduct. Coach will describe a few options between 4 to 8 miles in length, each with nominated leader
QE Park	From car park in QE Park, a new course through the trees of QE Park (route to be published) NB... this will not include a climb up Butser Hill

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.

Last updated – 28th February 2017