



Victory Athletic Club

Affiliated to English Athletics; ARC, SEAA & HAA

Thursday Spring/ Summer Training Schedule 2018

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
29/03/18	Ian Murray Short Handicap - race 1						UJ
05/04/18	Staunton Park	Fartlek round lake – 25 mins				Pete	AJ/UJ
12/04/18	Mike Edwards Summer Long Handicap – race 1						Non
Or		Short H/Cap route				Un coached	UJ
19/04/18	Mill Lane	Up and Over hills (300 mtrs) – 25 mins				Lucy	AJ
26/04/18	Ian Murray Short Handicap – race 2						UJ
03/05/18	WL	Fartlek round field perimeter	3	4	5	Ali	AJ
10/05/18	Mike Edwards Summer Long Handicap – race 2						Non
Or		Short H/Cap route				Un coached	AJ
17/05/18	WL	Vo2 Max				Pete/ Chris/ Nicola	AJ
24/05/18	WL	Chelsea Squares				Dave	AJ
31/05/18	Ian Murray Short Handicap - race 3						UJ
07/06/18	SP	Fartlek, figure of 8. Short hill jog recover down hill. 450 mtr round lake, 200 mtr jog recover – 25 mins				Lucy	AJ
13/06/18	HAYLING BILLY 5					5 miles	
14/06/18	Mike Edwards Summer Long Handicap – race 3						Non
Or		Short H/Cap route				Uncoached	
21/06/18	WL	Core Intervals				Pete/Helen Boiling	UJ
28/06/18	Ian Murray Short Handicap - race 4						UJ
05/07/18	ML	Up and Over hills (300 mtrs) – 25 mins				Kevin	AJ
12/07/18	Mike Edwards Summer Long Handicap – race 4						Non
or		Short H/Cap route				Uncoached	
19/07/18	WL	VO2 Max				Pete/Chris	AJ
26/07/18	Ian Murray Short Handicap - race 5						UJ
02/08/18	WL	Mixed intervals around cricket pitch				Malcolm	UJ
09/08/18	Mike Edwards Summer Long Handicap – race 5						Non
or		Short H/Cap route				Uncoached	
16/08/18	SP	Big Hills – 25 mins				Mary	AJ
23/08/18	WL	1 mile rep + Core session				Dave /Chris Needham	AJ

30/08/18	Ian Murray Short Handicap - race 6					UJ
06/09/18	ML	Up and Over hills (300 mtrs) – 25 mins			Belinda	AJ
13/09/18	Mike Edwards Summer Long Handicap – race 6					NON
	or	Short H/Cap route			Uncoached	AJ
20/09/18	SP	Fartlek, figure of 8. Short hill jog recover down hill. 450 mtr round lake, 200 mtr jog recover – 25 mins OR W/Hcap recce			Marilyn Becky	AJ
27/09/18	Ian Murray Short Handicap - race 7					

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.