



# Victory Athletic Club

Affiliated to English Athletics; SEAA & HAA

## Tuesday Training Schedule Spring/Summer 2018

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
27/3/18	Emsworth	Emsworth 10k <b>or</b> recce Short handicap starting	7 miles	Kate P	Becky Lesley	AJ
3/4/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park <b>PACING</b>	6.5 miles	Lucy Cowlin	Ali	UJ/AJ
10/4/18	Emsworth	Long Handicap recce	6.5 miles	Sara Heath	Dave/ Chris	AJ
17/4/18	Havant Thicket 2	Tempo run: meet at Havant Thicket car park	5.5 miles	John Cowlin	Pete	AJ
24/4/18	Rowlands Castle 4	Continuous run through Stansted meet at Rowlands Castle	6 miles	TBC	Becky	AJ
1/5/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park <b>PACING</b>	6.5 miles	Bridget Main	Ali	UJ/AJ
8/5/18	Hayling Billy trail	HLC – HB Trail 30 mins out – 30 mins back		Richard Turner	Nicola	UJ/AJ
15/5/18	Old Farlington Marshes	Continuous run – multi terrain	5.5 miles	Alan Mulry	Mary	AJ
22/5/18	Emsworth Foreshore	Along foreshore to Emsworth around Mill pond and return via Warblington church	7 miles	Roger	Marilyn	AJ
29/5/18	Rowlands Castle	Continuous run – multi terrain	6 miles	TBC	Dave	AJ
5/6/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park <b>PACING</b>	6.5 miles	Raman Sangha	Ali	UJ/AJ
12/6/18	Old Farlington Marshes	Continuous run – multi terrain	5.5 miles	Colin Robson	Dave	UJ
<b>13<sup>th</sup> Jun</b>		<b>Hayling Billy 5</b>				

19/6/18	Butser 3	Buriton to top of Butser and return meet at Buriton car park	6 miles	TBC	Pete	AJ
26/6/18	Havant Thicket 2	See 17 <sup>th</sup> April above meet at Havant Thicket car park .	5.5 miles	Brian Milo	Gemma	AJ
3/7/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park <b>PACING</b>	6.5 miles	Peter Beachill	Ali	UJ/AJ
10/7/18	Portsdown Hill	Down Farlington Ave – up Glebe Park	7 miles	Lisa Slight	Becky	UJ
17/7/18	Old Farlington Marshes	Continuous run – multi terrain	5.5 miles	Jo Gilholm	Mary	UJ
24/7/18	Rowlands Castle 4	Continuous run through Stansted meet at Rowlands Castle	6 miles	TBC	Pete/Dave/Debbie	UJ
31/7/18	Hayling Billy trail	HLC – HB Trail 30 mins out – 30 mins back	5.5 miles	Simon Turner	Kevin	UJ/AJ
7/8/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park <b>PACING</b>	6.5 miles	Natalie Cole	Ali???	UJ/AJ
14/8/18	Havant Thicket 2	See 17 <sup>th</sup> April above meet at Havant Thicket car park	5.5 miles	Kate Hart	Marilyn	UJ
21/8/18	QE Park Perimeter run	Precise route tbc meet at bottom carpark (Car share car park fees apply)	6 miles	Kevin Mct	Kevin/Pete	AJ
28/8/18	Emsworth	Emsworth foreshore	7 miles	Lisa Gatenby	Nicola	UJ
4/9/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park <b>PACING</b>	6.5 miles	John Gallagher	Ali	UJ/AJ
11/9/18	Hayling Billy trail	HLC – HB Trail 30 mins out – 30 mins back	6 miles	Hannah Lowry	Dave	UJ/AJ
18/9/18	Old Farlington Marshes	Continuous run – multi terrain	5.5 miles	Helen Boiling	Lesley	UJ
25/9/18	Portsdown Hill	Down Farlington Ave – up Glebe Park	7 miles	Amanda Rudkin	Gemma	UJ
2/10/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park <b>PACING</b> or Winter H/cap recce	6.5 miles	Dee Simms	Ali Lesley	UJ/AJ

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. approx 1.7 miles out and back from HLC or meet at Bidbury Lane car park; with a loop in the middle. Full session about 6.5 miles but options for shorter loops exist
Rowlands Castle	From back of HLC, to Crossland Drive left into New Lane right then left up Wakefords Way right into Prospect Lane left onto Whichers Gate Rd CAREFULLY cross road to Foot/Bridle path down into Rowlands around Green and retrace steps.
Havant Thicket	Figure of 8 starting from the car park: left to Staunton Park right down steep hill left 20 meters after wooden bridge around lake turn right back into woods and at main path turn left retrace back past carpark at top of hill right then after 50 mtrs left and follow path always taking left turn. At a wide turning turn left ( not /straight on) and after 800 metres turn right down hill back to car park. 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 Hayling /billy path to Langstone Rd. Cross road 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, at gate turn left round foreshore, right along Harts Farm Way to mini roundabout then onto next mini roundabout left down foot path till meets entrance to Langstone Technology Park across to footpath all the way back to Mill Lane and retrace back to HLC.
Rowlands / Stansted	Meet at Rowlands Castle near viaduct. Coach (es) 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 perimeter course through the trees of QE Park (route to be explained on night) 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.

12-14'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.