



Victory Athletic Club

Affiliated to English Athletics; ARC, SEAA & HAA

Thursday Autumn/Winter Training Schedule 2017/2018

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

Each session is preceded by a warm up jog.

Date	Session	Coach
5 Oct	1 st Winter Handicap	
12	Barton's Road – Hills	Lucy / Malcolm
19	Havant Park - Pyramid	Mary
26	Warblington – 800m reps	Nicola
2Nov	2 nd Winter Handicap	
9	Warblington Railway Path – 400m	Kevin
16	West Leigh Cycle Track – Fartlek (fast, slow,fast, slow)	Lesley
23	Warblington – 1m reps	Malcolm
30	Barton's Road – Hills	Mary / Kevin
7 Dec	3 rd Winter Handicap	
14	Warblington – 800m	Lucy
21	Havant Park – 400/155	Malcolm
28	West Leigh Cycle Track - Fartlek	Lesley
4 Jan	4 th Winter Handicap	
11	Barton's Road – Hills	Mary / Kevin
18	Warblington – 1m reps	Nicola
25	Warblington Railway Path – 400m	Lucy
1 Feb	5 th Winter Handicap	
8	Barton's Road – Hills	Becki / Debbie
15	Havant Park - Pyramid	Malcolm
22	Warblington – 800m	Lucy
1 Mar	Final Winter Handicap	
8	Barton's Road - Hills	Lesley / Nicola
15	West Leigh Cycle Track – Fartlek (fast, slow,fast, slow)	Kevin
22	Havant Park – 400/155	Mary
29	1 st Summer Short Handicap	

All sessions are 30 min efforts with warmup / cool down
 Try to have min 1 mile warm up and 0.5 mile cool down
 Stretching at the end of all sessions
 No alternative sessions on any Winter sessions