



Victory Athletic Club

Affiliated to English Athletics; ARC, SEAA & HAA

Tuesday Training Schedule Autumn /Winter 2017/18

All sessions start at 6:30pm **sharp** from outside Havant Leisure Centre

There are now suggestions for tempo sessions for some runs

- these are optional for those wishing to target aerobic development.

| Date | Session | Coach | Sweeper |
|-------|---|--------------|-------------|
| 3 Oct | Crookhorn (Can be extended up London Rd 1.5-2.5m)/Winter Handicap Recce | Becki/Lesley | John G |
| 10 | Emsworth Tempo | Becki | Raman S |
| 17 | Farlington Ave | Dave | Jo G |
| 24 | Rowlands 10k (can be extended up Link's Lane 1.2m) | Gemma | Dave L |
| 31 | Emsworth 10k | Lesley | John C |
| 7 Nov | Farlington Ave | Marilyn | Anne C |
| 14 | Emsworth Tempo | Becki | Martin C |
| 21 | Rowlands 10k (can be extended up Link's Lane 1.2m) | Gemma | Alan M |
| 28 | Crookhorn (Can be extended up London Rd 1.5-2.5m) | Dave | Mandy C |
| 5 Dec | Emsworth 10k | Marilyn | Dee S |
| 12 | Farlington Ave | Becki | Ali M |
| 19 | Hayling – Victoria Road Loop x 2 (CHRISTMAS LIGHTS) | Nicola | Beth P |
| 26 | Emsworth Tempo | Dave | Zoe Gill |
| 2 Jan | Crookhorn (Can be extended up London Rd 1.5-2.5m) | Lesley | Christine R |
| 9 | Rowlands 10k (can be extended up Link's Lane 1.2m) | Becki | Lucy C |
| 16 | Emsworth 10k | Mary | Hazel J |
| 23 | Farlington Ave | Gemma | Amanda R |
| 30 | Emsworth Tempo | Marilyn | Lisa G |
| 6 Feb | Rowlands 10k (can be extended up Link's Lane 1.2m) | Becki | Hannah L |
| 13 | Crookhorn (Can be extended up London Rd 1.5-2.5m) | Dave | Neil B |
| 20 | Emsworth 10k | Lesley | Brian M |
| 27 | Farlington Ave | Nicola | Helen B |

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| 6 Mar | Emsworth Tempo | Gemma | Jan M |
| 13 | Rowlands 10k (can be extended up Link's Lane 1.2m) | Mary | Bridget M |
| 20 | Crookhorn (Can be extended up London Rd 1.5-2.5m) | Dave | |
| 27 | Emsworth 10k/Short Handicap Recce | Becki/Lesley | Kate P |

No Leigh Park run – replaced with Rowland's 10k
 Tuesday Hill runs do not coincide with Barton's Hill session
 Stretching at the end of all sessions
 No alternative on any Winter sessions