

Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	02 August 2021	Whiteley Parkway	6:30pm	Tom Mellor	Hills		
Tuesday	03 August 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities	
Tuesday	03 August 2021	Titchfield Boxing club	6:30pm	Mike White	Hills	Long or short hill efforts with jog recoveries, (some sessions will include down hill efforts)	
Wednesday	04 August 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile	
Thursday	05 August 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits	
Friday	06 August 2021	Titchfield Boxing club	10am	Louise Tanner	Hills		
Monday	09 August 2021	No Session	6:30pm		Speed		
Tuesday	10 August 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities	
Tuesday	10 August 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed		
Wednesday	11 August 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile	
Thursday	12 August 2021	Holly Hill Park	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits	
Friday	13 August 2021	Whiteley Parkway	10am	Louise Tanner	Hills		
Monday	16 August 2021	Whiteley Parkway	6:30pm	Tom Mellor	Hills		
Tuesday	17 August 2021	Crofton Community Centre	9:15am	Lisa Donn & Martin Powell	Speed	Interval session for all abilities	
Tuesday	17 August 2021	Holly Hill Park	6:30pm	Mike White	Hills	Long or short hill efforts with jog recoveries, (some sessions will include down hill efforts)	
Wednesday	18 August 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile	
Thursday	19 August 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits	
Thursday	19 August 2021	Club Time Trial - Eric Road Stubbington	6:45 / 7:00	Andy Simpson	Speed	Continuous 4ml run against the clock	
Friday	20 August 2021	Titchfield Boxing Club	10am	Louise Tanner	Hills		
Monday	23 August 2021	Whiteley Parkway	6:30pm	Tom Mellor	Speed		
Tuesday	24 August 2021	Crofton Community Centre	9:15am	Lisa Donn & Martin Powell	Speed	Interval session for all abilities	
Tuesday	24 August 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed		
Wednesday	25 August 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile	
Thursday	26 August 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits	
Friday	27 August 2021	No Session	10am	Louise Tanner	Hills		
Monday	30 August 2021	Whiteley Parkway	6:30pm	Tom Mellor	Hills		
Tuesday	31 August 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities	
Tuesday	31 August 2021	Titchfield Boxing club	6:30pm	Mike White	Hills	Long or short hill efforts with jog recoveries, (some sessions will include down hill efforts)	
Wednesday	01 September 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile	
Thursday	02 September 2021	Holly Hill Woodland Park	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits	

Friday	03 September 2021	Warsash	9:30am	Louise Tanner	Hills	
Monday	06 September 2021	Whiteley Parkway	6:30pm	Tom Mellor	Speed	
Tuesday	07 September 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	07 September 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed	
Wednesday	08 September 2021	No Session tonight	6:30pm	Chris Stapleford	Speed	Fish n Chips HC run at Warshash
Thursday	09 September 2021	Holly Hill Woodland Park	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits
Friday	10 September 2021	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	
Monday	13 September 2021	Whiteley Parkway	6:30pm	Tom Mellor	Hills	
Tuesday	14 September 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	14 September 2021	Holly Hill Park	6:30pm	Mike White	Hills	Long or short hill efforts with jog recoveries, (some sessions will include down hill efforts)
Wednesday	15 September 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile
Thursday	16 September 2021	Holly Hill Woodland Park	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits
Thursday	16 September 2021	Club Time Trial - Eric Road Stubbington	6:45 / 7:00	Andy Simpson	Speed	Continuous 4ml run against the clock
Friday	17 September 2021	Whiteley Parkway	9:30am	Louise Tanner	Hills	
Monday	20 September 2021	Whiteley Parkway	6:30pm	Tom Mellor	Speed	
Tuesday	21 September 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	21 September 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed	
Wednesday	22 September 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile
Thursday	23 September 2021	Holly Hill Woodland Park	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits
Friday	24 September 2021	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	
Monday	27 September 2021	Whiteley Parkway	6:30pm	Tom Mellor	Hills	
Tuesday	28 September 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	28 September 2021	Titchfield Boxing club	6:30pm	Mike White	Hills	Long or short hill efforts with jog recoveries, (some sessions will include down hill efforts)
Wednesday	29 September 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile
Thursday	30 September 2021	Holly Hill Woodland Park	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits
Friday	01 October 2021	Warsash	9:30am	Louise Tanner	Hills	
Monday	04 October 2021	Whiteley Parkway	6:30pm	Tom Mellor	Speed	
Tuesday	05 October 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	05 October 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed	
Wednesday	06 October 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile
Thursday	07 October 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits
Friday	08 October 2021	No Session	9:30am	Louise Tanner	Hills	
Monday	11 October 2021	Whiteley Parkway	6:30pm	Tom Mellor	Hills	
Tuesday	12 October 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities

Tuesday	12 October 2021	Locks Heath Sports Ground	6:30pm	Mike White	Hills	Long or short hill efforts with jog recoveries, (some sessions will include down hill efforts)
Wednesday	13 October 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile
Thursday	14 October 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits
Thursday	14 October 2021	Club Time Trial (Winter course) - Holly Hill Leisure Centre	6:45 / 7:00	Andy Simpson	Speed	Continuous 3.5ml run against the clock
Friday	15 October 2021	Warsash	9:30am	Louise Tanner	Hills	
Monday	18 October 2021	Whiteley Parkway	6:30pm	Tom Mellor	Speed	
Tuesday	19 October 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	19 October 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed	
Wednesday	20 October 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile
Thursday	21 October 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits
Friday	22 October 2021	Locks Heath	9:30am	Louise Tanner	Hills	
Monday	25 October 2021	Whiteley Parkway	6:30pm	Tom Mellor	Hills	
Tuesday	26 October 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	26 October 2021	Locks Heath Sports Ground	6:30pm	Mike White	Hills	Long or short hill efforts with jog recoveries, (some sessions will include down hill efforts)
Wednesday	27 October 2021	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile
Thursday	28 October 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	Strength and Conditioning circuits
Friday	29 October 2021	Whiteley Parkway	9:30am	Louise Tanner	Hills	