

Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	01 November 2021	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	02 November 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities	
Tuesday	02 November 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed	1ml speed endurance repetitions	
Wednesday	03 November 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	04 November 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Hills	Long and short hills	
Friday	05 November 2021	Titchfield Boxing Club	9:30am	Louise Tanner	Hills		
Monday	08 November 2021	Whiteley Parkway	6:30pm	Tom Mellor	Speed		
Tuesday	09 November 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities	
Tuesday	09 November 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed	Short repetitions out and back on whistle	
Wednesday	10 November 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	11 November 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	8x200m with 1min Rec	
Thursday	11 November 2021	Club Time Trial - Eric Road Stubbington	6:45 / 7:00	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	12 November 2021	Whiteley Parkway	9:30am	Louise Tanner	Hills		
Monday	15 November 2021	Whiteley Parkway	6:30pm	Tom Mellor	Hills		
Tuesday	16 November 2021	Crofton Community Centre	9:15am	Lisa Donn & Martin Powell	Speed	Interval session for all abilities	
Tuesday	16 November 2021	Locks Heath Sports Ground	6:30pm	Mike White	Hills	Long or short hill efforts with jog recoveries	
Wednesday	17 November 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	18 November 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Hills	Long Hill Reps	
Friday	19 November 2021	Warsash Newtown Road	9:30am	Louise Tanner	Hills		
Monday	22 November 2021	Whiteley Parkway	6:30pm	Tom Mellor	Speed		
Tuesday	23 November 2021	Crofton Community Centre	9:15am	Lisa Donn & Martin Powell	Speed	Interval session for all abilities	
Tuesday	23 November 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed	1km speed endurance repetitions	
Wednesday	24 November 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	25 November 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	4 sides of field	
Friday	26 November 2021	Locks Heath Centre	9:30am	Louise Tanner	Hills		
Monday	29 November 2021	Whiteley Parkway	6:30pm	Tom Mellor	Hills		
Tuesday	30 November 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities	
Tuesday	30 November 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed	400m repetitions with equal recovery intervals	
Wednesday	01 December 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 December 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Hills	Kenyan Hills	
Friday	03 December 2021	Whiteley Parkway	9:30am	Louise Tanner	Hills		
Monday	06 December 2021	Whiteley Parkway	6:30pm	Tom Mellor	Speed		

Tuesday	07 December 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	07 December 2021	Locks Heath Sports Ground	6:30pm	Mike White	Hills	Hill repetitions with plyometrics
Wednesday	08 December 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	09 December 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	25m efforts plus plyometrics
Thursday	09 December 2021	<b>Club Time Trial</b> - Eric Road Stubbington	6:45 / 7:00	Andy Simpson	Speed	Continuous 3.4ml run against the clock
Friday	10 December 2021	Warsash, Newtown Road	9:30am	Louise Tanner	Hills	
Monday	13 December 2021	Whiteley Parkway	6:30pm	Tom Mellor	Hills	
Tuesday	14 December 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	14 December 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed	800m speed endurance repetitions
Wednesday	15 December 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 December 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Hills	Pyramid hills
Friday	17 December 2021	Locks Heath Centre	9:30am	Louise Tanner	Hills	
Monday	20 December 2021	Whiteley Parkway	6:30pm	Tom Mellor	Speed	
Tuesday	21 December 2021	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	21 December 2021	Locks Heath Sports Ground	6:30pm	Mike White	Speed	Out and back on the whistle
Wednesday	22 December 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 December 2021	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	8x200m 1min Rec
Friday	24 December 2021	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	
Monday	27 December 2021	No Session	6:30pm			
Tuesday	28 December 2021	No Session	9:15am			
Tuesday	28 December 2021	No Session	6:30pm			
Wednesday	29 December 2021	No Session	6:30pm			
Thursday	30 December 2021	No Session	06:30			
Friday	31 December 2021	No Session	9:30am			
Monday	03 January 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	
Tuesday	04 January 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	04 January 2022	Locks Heath Sports Ground	6:30pm	Mike White	Hills	Kenyan Hills focus on downhill speed.
Wednesday	05 January 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile
Thursday	06 January 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Hills	Long and short Hills
Friday	07 January 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	
Monday	10 January 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	
Tuesday	11 January 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	11 January 2022	Locks Heath Sports Ground	6:30pm	Mike White	Speed	1ml speed endurance repetitions
Wednesday	12 January 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile
Thursday	13 January 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	Field 4 sides

Thursday	13 January 2022	<b>Club Time Trial (Winter course) - Holly Hill</b> Leisure Centre	6:45 / 7:00	Andy Simpson	Speed	Continuous 3.4ml run against the clock
Friday	14 January 2022	Warsash, Newtown Road	9:30am	Louise Tanner	Hills	
Monday	17 January 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	
Tuesday	18 January 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	18 January 2022	Locks Heath Sports Ground	6:30pm	Mike White	Speed	400m repetitions with equal recoveries
Wednesday	19 January 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile
Thursday	20 January 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Hills	Kenyan Hills
Friday	21 January 2022	Locks Heath Centre	9:30am	Louise Tanner	Hills	
Monday	24 January 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	
Tuesday	25 January 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Interval session for all abilities
Tuesday	25 January 2022	Locks Heath Sports Ground	6:30pm	Mike White	Hills	Long or short hill efforts with jog recoveries
Wednesday	26 January 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	Continuous effort/recovery run or walk, effort pace typically between 5 to 15 min/mile
Thursday	27 January 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	25m efforts + plyometrics
Friday	28 January 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	