

Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	02 May 2022	BANK HOLIDAY - NO SESSION			Speed		
Tuesday	03 May 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	1 minute and 30 seconds efforts mixed	RR10 May 4th Itchen Valley Country Park HRRL May 8th Alton 10ml
Tuesday	03 May 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Short Speed intervals at Locks Heath Park (St John's Rd)	
Thursday	05 May 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	400m efforts Queens Cres/Beresford Road	
Thursday	05 May 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Figure of 8s	
Friday	06 May 2022	Queen Elizabeth Country Park	9:45am	Louise Tanner	Hills	"Away Day" - Downhill & uphill repetitions at Butser	
Monday	09 May 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Speed intervals	HRRL May 15th Netley 10Km
Tuesday	10 May 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	short pyramids	
Tuesday	10 May 2022	Titchfield Boxing Club	6:30pm	Mike White and Frances Lord	Hills	Down hill and uphill repetitions at the Bridle path near Fisherman's Rest	
Thursday	12 May 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	800m Efforts Cottess Way	
Thursday	12 May 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Rollercoasters	
Friday	13 May 2022	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	16 May 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Short hill pyramids	RR10 May 18th River Hamble Country Park (Hedge End Org.)
Tuesday	17 May 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	3 min efforts with static recoveries	
Tuesday	17 May 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Loops to the beach at Chilling field	
Thursday	19 May 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Lamppost Fartleks Location TBC	
Thursday	19 May 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Long hilly Loops	
Friday	20 May 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	Short hill repetitions (Whiteley Woods)	
Monday	23 May 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Summit attacks	
Tuesday	24 May 2022	Crofton Community Centre	9:15am	Lisa	Speed	fast, faster, fastest	
Tuesday	24 May 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the whistle at the football fields Hunts Pond Road	
Thursday	26 May 2022	Club Time Trial - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	4ml run on pavement against the clock	
Thursday	26 May 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Pyramids	
Friday	27 May 2022	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long & short hill repetitions	
Monday	30 May 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	1km speed tempo reps	RR10 June 1st Cadland Estate
Tuesday	31 May 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	40/20 accelerators	
Tuesday	31 May 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill Repetitions at Coach Hill	
Thursday	02 June 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	1 km loops Anker Lane	
Thursday	02 June 2022	Holly Hill Woodland Park	06:30	Julie Ashman and Frances Lord	Hills	Short Hilly Loops	

Friday	03 June 2022	BANK HOLIDAY - NO SESSION			Hills		
Monday	06 June 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Short hill pyramids	RR10 June 8th Ampfield Woods
Tuesday	07 June 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	1,2,3,4,3,2,1 efforts	
Tuesday	07 June 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km Speed endurance reps at Chilling field top track	
Thursday	09 June 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	OTW 1 min efforts Lee sea front	
Thursday	09 June 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Long hill with a twist	
Friday	10 June 2022	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hill repetitions, Rising Sun loop	
Monday	13 June 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Short sprint intervals	HRRL June 19th Alresford 10Km
Tuesday	14 June 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	2 min and 30 sec efforts mixed	
Tuesday	14 June 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	600m loops with pace variation at Sovereign Crescent	
Thursday	16 June 2022	Club Time Trial - Eric Road Stubbington	6:45pm	Lisa Donn/ Andy Simpson	Speed	4ml run on pavement against the clock	
Thursday	16 June 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Figure of 8s	
Friday	17 June 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	Short hill lamppost pyramids (zig-zag path)	
Monday	20 June 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Kenyan Hills	RR10 June 22nd Ridge Farm New Forest
Tuesday	21 June 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	1 minute efforts - race yourself back	
Tuesday	21 June 2022	Titchfield Boxing Club	6:30pm	Mike White and Frances Lord	Hills	Long and short hill repetitions at Titchfield Barn	
Thursday	23 June 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Shingle sprints Monks hill beach huts	
Thursday	23 June 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Rollercoasters	
Friday	24 June 2022	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	27 June 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Tempo session 60/60	RR10 July 6th River Hamble Country Park (SGR Organising)
Tuesday	28 June 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	long side efforts, short side recoveries	
Tuesday	28 June 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml repetitions at Brownwich lane	
Thursday	30 June 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Speed Progressions Lee Triangle	
Thursday	30 June 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Long hilly loops	
Friday	01 July 2022	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hill repetitions, Rising Sun loop	
Monday	04 July 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Short hills (30 second reps)	RR10 July 6th River Hamble Country Park (SGR Organising)
Tuesday	05 July 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	short pyramids	
Tuesday	05 July 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Short speed repetitions at Locks Heath Park (St John's Road)	
Thursday	07 July 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	1k loops Anker Lane	
Thursday	07 July 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Pyramids	
Friday	08 July 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	Kenyan hills (Whiteley Woods)	

