

Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	01 August 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Short intervals	RR10 Aug 3rd Badger Farm
Tuesday	02 August 2022	Crofton Community Centre	9:15am	Lisa Donn (Martin P covering)	Speed	6 x 1 min efforts, 1 min recovery plus 6 x 30 sec efforts, 30 sec recovery, with an interim 3 min rest and repeat	
Tuesday	02 August 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Pyramid of hills at Garson's Close	
Thursday	04 August 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	400m efforts Queens Cres/Beresford Road	
Thursday	04 August 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Rollercoasters	
Friday	05 August 2022	NO SESSION					
Monday	08 August 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Summit attacks	
Tuesday	09 August 2022	Crofton Community Centre	9:15am	Lisa Donn (Martin P covering)	Speed	Double pyramids going 30 secs upto 2 mins	
Tuesday	09 August 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km Speed endurance reps at Chilling field top track	
Thursday	11 August 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	800m Efforts Cottess Way	
Thursday	11 August 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Long hilly Loops	
Friday	12 August 2022	NO SESSION					
Monday	15 August 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Speed tempo 1k reps	RR10 Aug 17th IBM Hursley
Tuesday	16 August 2022	Crofton Community Centre	9:15am	Lisa Donn (Martin P covering)	Speed	30 sec, 15 sec, 10 sec progressive pace efforts x 8	
Tuesday	16 August 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	600m loops with pace variation at Sovereign Crescent	
Thursday	18 August 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Lamppost Fartleks Location TBC	
Thursday	18 August 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Pyramids	
Friday	19 August 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	Long hills	
Monday	22 August 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Short hills (lampost pyramids)	
Tuesday	23 August 2022	Crofton Community Centre	9:15am	Lisa Donn (Martin P covering)	Speed	Long pyramids 30 secs upto 4 mins	
Tuesday	23 August 2022	Titchfield Boxing Club	6:30pm	Mike White and Frances Lord	Hills	Long and short hill repetitions at Titchfield Barn	
Thursday	25 August 2022	Club Time Trial - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	4ml run on pavement against the clock	
Thursday	25 August 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Short Hilly Loops	
Friday	26 August 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	Short hills	
Monday	29 August 2022	BANK HOLIDAY - NO SESSION					HRRL Sep 4th Overton 5ml
Tuesday	30 August 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	60/30/60 efforts	
Tuesday	30 August 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml repetitions at Schooner Way	
Thursday	01 September 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	1 km loops Anker Lane	
Thursday	01 September 2022	Holly Hill Woodland Park	06:30	Julie Ashman and Frances Lord	Hills	Long hill with a twist	
Friday	02 September 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	Lamppost pyramids	
Monday	05 September 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Short sprint intervals	
Tuesday	06 September 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Fast and tempo effort mix	

Tuesday	06 September 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Short speed repetitions at Park (St John's Road), with S&C	
Thursday	08 September 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	OTW 1 min efforts Lee sea front	
Thursday	08 September 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Figure of 8s	
Friday	09 September 2022	Warsash (Newtown Road)	9:30am	Louise Tanner	Hills	Continuous hill repetitions	
Monday	12 September 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Kenyan hills	
Tuesday	13 September 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	2 min and 30 sec efforts alternating x 6	
Tuesday	13 September 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	15 September 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Shingle sprints Monks hill beach huts	
Thursday	15 September 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Rollercoasters	
Friday	16 September 2022	Titchfield (Boxing Club)	9:30am	Louise Tanner	Hills	On the whistle mixed hills	
Monday	19 September 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Speed tempo 60/60	
Tuesday	20 September 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	20/20 efforts x 10	
Tuesday	20 September 2022	Titchfield Boxing Club	6:30pm	Mike White and Frances Lord	Speed	Loops to the beach at Chilling field	
Thursday	22 September 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Speed Progressions Lee Triangle	HRRL Sep 25th Solent HM
Thursday	22 September 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Long hilly loops	
Friday	23 September 2022	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	26 September 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	27 September 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	80 sec efforts, 90 sec recoveries x 8	
Tuesday	27 September 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	29 September 2022	Club Time Trial - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	4ml run on pavement against the clock	
Thursday	29 September 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Pyramids	
Friday	30 September 2022	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hill repetitions	
Monday	03 October 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Fast/faster/fastest	
Tuesday	04 October 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Gear shifters 60's, 90 sec recovery x 10	
Tuesday	04 October 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill reps at top of red path	
Thursday	06 October 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	1k loops Anker Lane	
Thursday	06 October 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Short hilly loops	
Friday	07 October 2022	Queen Elizabeth Country Park	9:45am	Louise Tanner	Hills	"Away Day' hill repetitions	
Monday	10 October 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Summit attacks	
Tuesday	11 October 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	long and short side of the field - effort and rest	
Tuesday	11 October 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1k repetitions on fixed interval at prelate way	

Thursday	13 October 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Shingle sprints Monks hill beach huts
Thursday	13 October 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Long hill with a twist
Friday	14 October 2022	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills
Monday	17 October 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Tempo (on the whistle out and back)
Tuesday	18 October 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	flying 60's x 12 with 90 sec recovery
Tuesday	18 October 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on whistle at Locks Heath Sports Ground
Thursday	20 October 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	OTW 1 min sprints Lee sea front
Thursday	20 October 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Figure of 8s
Friday	21 October 2022	NO SESSION				
Monday	24 October 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Short hill pyramids
Tuesday	25 October 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Lamp post Fartleks
Tuesday	25 October 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Coach hill repetitions with Plyo
Thursday	27 October 2022	Club Time Trial - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock
Thursday	27 October 2022	Holly Hill Woodland Park	6:30pm	Julie Ashman and Frances Lord	Hills	Rollercoasters
Friday	28 October 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	Summit attacks