

Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	31 October 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Short speed pyramids	HRRL Hayling 10ml 6th Nov
Tuesday	01 November 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Lamp post fartlek	
Tuesday	01 November 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml speed endurance repetitions at Schooner Way	
Thursday	03 November 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	800m efforts at Cottess Way	
Friday	04 November 2022	Warsash (Newtown Road)	9:30am	Louise Tanner	Hills	Continous hill repetitions	
Monday	07 November 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Kenyan hills	HANTS XC League 12th Nov Aldershot CC6 XC 13th Nov (SGR co-host)
Tuesday	08 November 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Flying 30's	
Tuesday	08 November 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back (flat and short hill) at LH Sports Ground, (downhill and uphill speed practice)	
Thursday	10 November 2022	Daedalus Tower	6:30pm	Sarah Barron and Sara McRitchie	Speed	300m efforts round the hangers	
Friday	11 November 2022	Titchfield (Boxing Club car park)	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	14 November 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Speed temo 60/60	HRRL Gosport Half 20th Nov
Tuesday	15 November 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Pyramid efforts	
Tuesday	15 November 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and Short Hill Reps at St John's Road	
Thursday	17 November 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	1Km efforts Anker Lane	
Friday	18 November 2022	Locks Heath Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	21 November 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Short hills (30s intervals)	SCC XC 27th Nov The Bourne
Tuesday	22 November 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	5k pace improvers	
Tuesday	22 November 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	800m speed endurance reps at Priory Park	
Thursday	24 November 2022	Club Time Trial - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	25 November 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	Lamppost pyramids	
Monday	28 November 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Speed acceleations (fast/faster/fastest)	HANTS XC League 3rd Dec Bournemouth HRRL 4th Dec Victory 5
Tuesday	29 November 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Shingle reps	
Tuesday	29 November 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	3x(4x550m, walk recoveries) split pace reps at Sovereign Crescent	
Thursday	01 December 2022	Daedalus control Tower car park	6:30pm	Sarah Barron and Sara McRitchie	Speed	Speed progressions Lee Triangle	
Friday	02 December 2022	Warsash (Newtown Road)	9:30am	Louise Tanner	Hills	Continous hill repetitions	
Monday	05 December 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Long hills summit attacks	Masters XC 10th Dec Oxford CC6 XC 11th Dec Kings Garn
Tuesday	06 December 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Field long side efforts, short side recoveries	
Tuesday	06 December 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Coach Hill reps plus plyometrics	
Thursday	08 December 2022	Club Time Trial - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	09 December 2022	Titchfield (Boxing Club car park)	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	12 December 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Speed tempo out and back	SCC XC 18th Dec Lord
Tuesday	13 December 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	60 secs on the whistle	



|

|

|

|

|

|

|