

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	

Tuesday	13 December 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	6x1k laps at Crescent Road	JCC XC 16th Dec 2022 Wandsworth College
Thursday	15 December 2022	No Session	6:30pm	Sarah Barron and Sara McRitchie	Speed	No Session	
Friday	16 December 2022	Locks Heath Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	19 December 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Lampost pyramids	
Tuesday	20 December 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	Santa's circuits	
Tuesday	20 December 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Christmas Warmups at LH Sports Ground plus 2x15min of 400m,200m efforts with 200m jog recovery	
Thursday	22 December 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	400m efforts Queens Crescent	
Friday	23 December 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	Summit attacks	
Monday	26 December 2022	BANK HOLIDAY				No session	
Tuesday	27 December 2022	BANK HOLIDAY					
Tuesday	27 December 2022	No Sessions					
Thursday	29 December 2022	No Sessions					
Thursday	29 December 2022	Daedalus control Tower car park	6:30pm	Sarah Barron and Sara McRitchie	Speed	Shingle sprints at the beach huts	
Friday	30 December 2022	No Sessions				No session	HANTS XC Champs 7th Jan HRRLL Stubbington 10k 8th Jan
Monday	02 January 2023	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Short Hilly Pyramids (Special BH Session - Thanks Tom!)	
Tuesday	03 January 2023	Crofton Community Centre	9:15am	Lisa Donn	Speed	Gear Shifters	
Tuesday	03 January 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml speed endurance laps at Schooner Way	
Thursday	05 January 2023	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	800m efforts at Cottes Way	
Friday	06 January 2023	Warsash (Newtown Road)	9:45am	Louise Tanner	Hills	Continous hill repetitions	
Monday	09 January 2023	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Speed pyramids	HANTS XC league 14th Jan Prospect Park Reading
Tuesday	10 January 2023	Crofton Community Centre	9:15am	Lisa Donn	Speed	Short pyramids	
Tuesday	10 January 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the Whistle at LH Sports Ground	
Thursday	12 January 2023	Daedalus control Tower car park	6:30pm	Sarah Barron and Sara McRitchie	Speed	On the whistle at Lee Sea Front	
Friday	13 January 2023	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	16 January 2023	Whiteley Parkway	6:30pm	Tom Mellor	Hills	Kenyan hills	
Tuesday	17 January 2023	Crofton Community Centre	9:15am	Lisa Donn	Speed	Speed endurance intervals	
Tuesday	17 January 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	4x6mins Kenyan Hills at Woodpecker Copse	
Thursday	19 January 2023	Club Time Trial - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	20 January 2023	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	23 January 2023	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Speed tempo 1k reps with a twist	SEAA XC Champs 28th Jan Beckenham Place Park Kent
Tuesday	24 January 2023	Crofton Community Centre	9:15am	Lisa Donn	Speed	Negative split climbers	
Tuesday	24 January 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Lamp post Fartlek session at Red Path	
Thursday	26 January 2023	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	1Km efforts at Anker Lane	
Friday	27 January 2023	Whiteley Parkway	9:30am	Louise Tanner	Hills	Lampost pyramids	

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