

| Day | Date | Meeting point | Time | Coach | Hills or Speed | Session Description | Weekend/Weekday races |
|----------|--------------|--|--------|-------------------------------|----------------|---|---|
| Monday | 01 May 2023 | Whiteley Meadowside | 6:30pm | Tom Mellor | Speed | 1k tempo loops | RR10 Itchen Valley 3rd May |
| Tuesday | 02 May 2023 | Crofton Community Centre | 9:30am | Lisa Donn/Martin Powell | Speed | Fast, faster, fastest | |
| Tuesday | 02 May 2023 | Locks Heath Sports Ground | 6:30pm | Mike White and Frances Lord | Hills | Hill repetitions at Ranvilles Lane | |
| Thursday | 04 May 2023 | Daedalus Control Tower | 6:30pm | Sarah Barron | Speed | 400m reps Queens Crescent | |
| Thursday | 04 May 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Long hilly loops | |
| Friday | 05 May 2023 | Whiteley (Parkway South) | 9:30am | Louise Tanner | Hills | Long hills | |
| Monday | 08 May 2023 | BANK HOLIDAY FOR THE CORONATION | 6:30pm | | | No Sessions | HRRL Alton 10, 14th May |
| Tuesday | 09 May 2023 | Crofton Community Centre | 9:30am | Lisa Donn | Speed | Flying 30's - Hovercraft slipway | |
| Tuesday | 09 May 2023 | Locks Heath Sports Ground | 6:30pm | Mike White and Frances Lord | Speed | 1ml reps at Ranvilles lane | |
| Thursday | 11 May 2023 | Club Time Trial - Eric Road Stubbington | 6:45pm | Andy Simpson | Speed | 4ml run on pavement against the clock | |
| Thursday | 11 May 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Pyramids | |
| Friday | 12 May 2023 | Warsash (Newtown Road) | 9:30am | Louise Tanner | Hills | Continuous hills | |
| Monday | 15 May 2023 | Whiteley Meadowside | 6:30pm | Tom Mellor | Hills | Lampost pyramids | RR10 Hamble 17th May HRRL Netley 10km 21st May |
| Tuesday | 16 May 2023 | Crofton Community Centre | 9:30am | Lisa Donn | Speed | Lamp post Fartlek | |
| Tuesday | 16 May 2023 | Locks Heath Sports Ground | 6:30pm | Mike White and Frances Lord | Speed | Out and back on the whistle football fields Hunts Pond Rd | |
| Thursday | 18 May 2023 | Daedalus control Tower | 6:30pm | Sarah Barron | Speed | Shingle sprints | |
| Thursday | 18 May 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Short hilly loops | |
| Friday | 19 May 2023 | Titchfield (Boxing Club car park) | 9:30am | Louise Tanner | Hills | Long and short hills | |
| Monday | 22 May 2023 | Whiteley Meadowside | 6:30pm | Tom Mellor | Speed | Faster/faster/fastest speed session | |
| Tuesday | 23 May 2023 | Crofton Community Centre | 9:30am | Lisa Donn | Speed | Shingle efforts | |
| Tuesday | 23 May 2023 | Titchfield (Boxing Club car park) | 6:30pm | Mike White and Frances Lord | Hills | Down hill and uphill repetitions at the Bridle path near Fisherman's Rest | |
| Thursday | 25 May 2023 | Crofton Community Centre | 6:30pm | Sarah Barron | Speed | 1k reps Anker Lane | |
| Thursday | 25 May 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Long hill with a twist | |
| Friday | 26 May 2023 | Locks Heath Centre | 9:30am | Louise Tanner | Hills | Rollercoasters | |
| Monday | 29 May 2023 | Whiteley Meadowside | 6:30pm | Tom Mellor | Speed | 1k tempo loops | RR10 Cadland Estate 31st May |
| Tuesday | 30 May 2023 | Crofton Community Centre | 9:30am | Lisa Donn | Speed | No session | |
| Tuesday | 30 May 2023 | Locks Heath Sports Ground | 6:30pm | Mike White and Frances Lord | Speed | Flag session Hook field (or football field perimeter) | |
| Thursday | 01 June 2023 | Daedalus control Tower | 6:30pm | Sarah Barron | Speed | Speed progressions Lee Triangles | |
| Thursday | 01 June 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Figure of 8s | |
| Friday | 02 June 2023 | Warsash (Newtown Road) | 9:30am | Louise Tanner | Hills | Rising Sun triangle loops | |
| Monday | 05 June 2023 | Whiteley Meadowside | 6:30pm | Tom Mellor | Hills | Kenyan hills | RR10 Ampfield Woods 7th June |
| Tuesday | 06 June 2023 | Crofton Community Centre | 9:30am | Lisa Donn | Speed | Pyramids | |
| Tuesday | 06 June 2023 | Locks Heath Sports Ground | 6:30pm | Mike White and Frances Lord | Speed | Chilling beach shingle reps | |
| Thursday | 08 June 2023 | Club Time Trial - Eric Road Stubbington | 6:45pm | Andy Simpson | Speed | 4ml run on pavement against the clock | |

| | | | | | | | |
|----------|--------------|---|--------|-------------------------------|-------|---|--------------------------------------|
| Thursday | 08 June 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Rollercoasters | |
| Friday | 09 June 2023 | Whiteley (Parkway South) | 9:30am | Louise Tanner | Hills | Pyramids | |
| Monday | 12 June 2023 | Whiteley Meadowside | 6:30pm | Tom Mellor | Speed | Out and back tempo runs | |
| Tuesday | 13 June 2023 | Crofton Community Centre | 9:30am | Lisa Donn | Speed | Long and short sides of park = effort and recovery | |
| Tuesday | 13 June 2023 | Abbey Meadows car park | 6:30pm | Mike White and Frances Lord | Hills | Long and short hill repetitions at Titchfield Barn | HRR1 Alresford 10km 18th June |
| Thursday | 15 June 2023 | Crofton Community Centre | 6:30pm | Sarah Barron | Speed | 600m reps Cottes Way | |
| Thursday | 15 June 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Long hilly loops | |
| Friday | 16 June 2023 | Warsash (Newtown Road) | 9:30am | Louise Tanner | Hills | Continuous hills | |
| Monday | 19 June 2023 | Whiteley Meadowside | 6:30pm | Tom Mellor | Hills | Short hills | |
| Tuesday | 20 June 2023 | Crofton Community Centre | 9:30am | Lisa Donn | Speed | Negative split climbers | RR10 Marwell 21st June |
| Tuesday | 20 June 2023 | Locks Heath Sports Ground | 6:30pm | Mike White and Frances Lord | Speed | 1km repetitions at Ranvilles lane | |
| Thursday | 22 June 2023 | Daedalus control Tower | 6:30pm | Sarah Barron | Speed | 350m reps Daedalus Hangars | |
| Thursday | 22 June 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Pyramids | |
| Friday | 23 June 2023 | Queen Elizabeth Country Park | 9:30am | Louise Tanner | Hills | Continuous Hills | |
| Monday | 26 June 2023 | Whiteley Meadowside | 6:30pm | Tom Mellor | Speed | Flying 30s | |
| Tuesday | 27 June 2023 | Crofton Community Centre | 9:30am | Lisa Donn | Speed | Flying 60's | Lordshill 10km 2nd July |
| Tuesday | 27 June 2023 | Locks Heath Sports Ground | 6:30pm | Mike White and Frances Lord | Speed | 200/400m reps with 200m jog at LH Sports Ground | |
| Thursday | 29 June 2023 | Crofton Community Centre | 6:30pm | Sarah Barron | Speed | 1k reps Anker Lane | |
| Thursday | 29 June 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Short hilly loops | |
| Friday | 30 June 2023 | Locks Heath Centre | 9:30am | Louise Tanner | Hills | Rollercoasters | |
| Monday | 03 July 2023 | Whiteley Meadowside | 6:30pm | Titchfield | Hills | Long and short hills | RR10 SGR Marshalling Hamble 5th July |
| Tuesday | 04 July 2023 | Crofton Community Centre | 9:30am | Lisa Donn | Speed | 2 min efforts | |
| Tuesday | 04 July 2023 | Locks Heath Sports Ground | 6:30pm | Mike White and Frances Lord | Hills | Pyramid of hills at Garson's Close | |
| Thursday | 06 July 2023 | Daedalus control Tower | 6:30pm | Sarah Barron | Speed | On the Whistle | |
| Thursday | 06 July 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Long hill with a twist | |
| Friday | 07 July 2023 | Titchfield | 9:30am | Tom Mellor | Hills | Long and short hills | |
| Monday | 10 July 2023 | BANK HOLIDAY (EASTER MONDAY) | 6:30pm | Tom Mellor | Speed | Mona fartleks | |
| Tuesday | 11 July 2023 | Crofton Community Centre | 9:30am | Lisa Donn/Martin Powell | Speed | Double pyramids | |
| Tuesday | 11 July 2023 | Locks Heath Sports Ground | 6:30pm | Mike White and Frances Lord | Speed | 1km speed endurance repetitions at Chilling Field top track | |
| Thursday | 13 July 2023 | Club Time Trial - Eric Road Stubbington | 6:45pm | Andy Simpson | Speed | 4ml run on pavement against the clock | |
| Thursday | 13 July 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Figure of 8s | |
| Friday | 14 July 2023 | Warsash (Newtown Road) | 9:30am | Louise Tanner | Hills | Continuous hills | |
| Monday | 17 July 2023 | Whiteley Meadowside | 6:30pm | Tom Mellor | Hills | Short hill pyramids | RR10 Eastleigh 19th July |
| Tuesday | 18 July 2023 | Crofton Community Centre | 9:30am | Lisa Donn | Speed | Shingle efforts | |
| Tuesday | 18 July 2023 | Locks Heath Sports Ground | 6:30pm | Mike White and Frances Lord | Speed | Hooter session at Warsash Common (2,4,6,6,4,2 mins) | |

