

| 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  | <b>Club Time Trial</b> - Eric Road<br>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<br>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 | <b>Club Time Trial</b> - Eric Road<br>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 Meadows                        | 6:30pm  | Tom Mellor                    | Speed | Out and back tempo runs                                     | HRR1 Alresford 10km 18th June        |
| 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          |                                      |
| 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 Meadows                        | 6:30pm  | Tom Mellor                    | Hills | Short hills   | RR10 Marwell 21st June               |
| Tuesday  | 20 June 2023 | Crofton Community Centre                | 9:30am  | Lisa Donn                     | Speed | Negative split climbers                                     |                                      |
| Tuesday  | 20 June 2023 | Locks Heath Sports Ground               | 6:30pm  | Mike White and Frances Lord   | Speed | 1km repetitions at Prelate Way                              |                                      |
| 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            | 10:00am | Louise Tanner                 | Hills | Continuous Hills  |                                      |
| Monday   | 26 June 2023 | Whiteley Meadows                        | 6:30pm  | Tom Mellor                    | Speed | Short Intervals   | Lordshill 10km 2nd July              |
| Tuesday  | 27 June 2023 | Crofton Community Centre                | 9:30am  | Lisa Donn                     | Speed | Flying 60's   |                                      |
| 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 Meadows                        | 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   | RR10 Eastleigh 10th July             |
| 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 Meadows                        | 6:30pm  | Tom Mellor                    | Hills | Short hill pyramids   |                                      |
| 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)         |                                      |

|          |              |                          |        |                               |       |  |                           |
|----------|--------------|--------------------------|--------|-------------------------------|-------|--|---------------------------|
| Thursday | 20 July 2023 | Crofton Community Centre | 6:30pm | Sarah Barron                  | Speed | 400m reps Queens Crescent                          | Hills Loosditch 19th July |
| Thursday | 20 July 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Rollercoasters                                     |                           |
| Friday   | 21 July 2023 | Locks Heath Centre       | 9:30am | Louise Tanner                 | Hills | Rollercoasters                                     |                           |
|          |              |                          |        |                               |       |  |                           |
| Monday   | 24 July 2023 | Whiteley Meadowside      | 6:30pm | Tom Mellor                    | Speed | Short speed pyramids                               |                           |
| Tuesday  | 25 July 2023 | Crofton Community Centre | 9:30am | Lisa Donn                     | Speed | Mix of 5k pace and sprints - Football field mix up |                           |
| Tuesday  | 25 July 2023 | Abbey Meadows Car Park   | 6:30pm | Mike White and Frances Lord   | Hills | Down hill speed practice at Titchfield Barn        |                           |
| Thursday | 27 July 2023 | Daedalus control Tower   | 6:30pm | Sarah Barron                  | Speed | Shingle sprints                                    |                           |
| Thursday | 27 July 2023 | Holly Hill Woodland Park | 6:30pm | Frances Lord and Julie Ashman | Hills | Long hilly loops                                   |                           |
| Friday   | 28 July 2023 | Whiteley (Parkway South) | 9:30am | Louise Tanner                 | Hills | Short hills  |                           |
|          |              |                          |        |                               |       |  |                           |