Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	03 August 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo out and back	
Tuesday	04 August 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Football field mix - tempo effort @ Seafield	
Tuesday	04 August 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	4x6mins of Kenyan hills at Tichfield Barn	RR10 Cadland Estate
Thursday	06 August 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	1 minute OTW	5th August
Thursday	06 August 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Trail training session (Hills or flat)	
Friday	07 August 2026	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	10 August 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Kenyan hills	
Tuesday	11 August 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Double pyramids- speed effort @ Daedalus	
Tuesday	11 August 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml repetitions at Ranvilles lane	
Thursday	13 August 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Flying 30s	
Thursday	13 August 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Trail training session (Hills or flat)	
Friday	14 August 2026	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Summit attacks	
Monday	17 August 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Short sprint pyramids	
Tuesday	18 August 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shingle run - tempo efforts @ The Shack	
Tuesday	18 August 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	150m efforts with walk backs at LH Sports Ground	
Thursday	20 August 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Shingle sprints	RR10 Hursley
Thursday	20 August 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Trail training session (Hills or flat)	19th August
Thursday	20 August 2026	**Club Time Trial** - Eric Road Stubbington	6:30pm	Stacey Read	Speed	4ml contiuous run against the clock	
Friday	21 August 2026	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Lamppost pyramids	
Monday	24 August 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	25 August 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Hills	Short hills- strength work @ Ranvilles	
Tuesday	25 August 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill repetitions at Ranvilles Lane	HRRL Totton 10k
Thursday	27 August 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Eric Road alternating efforts	30th August
Thursday	27 August 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Trail training session (Hills or flat)	
Friday	28 August 2026	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	31 August 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor		NO SESSION - BANK HOLIDAY	
Tuesday	01 September 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	4' Tempo effort @ Seafield	
Tuesday	01 September 2026	Locks Heath Sports Ground	6:30pm	Frances Lord (MPW away)	Speed	1km repetitions at Brownwich Lane	HRRL Oveton 5ml
Thursday	03 September 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Sarah on holiday - Lee Triangles members run	6th September
Thursday	03 September 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Trail training session (Hills or flat)	
Friday	04 September 2026	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	07 September 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	
Tuesday	08 September 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Long intervals - tempo effort @ Daedalus	
Tuesday	08 September 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the whistle at the football field	
Thursday	10 September 2026	Crofton Community Centre	6:30pm	Sarah Barron		Sarah on holiday - Queens Crescent 400m	
Thursday	10 September 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Trail training session (Hills or flat)	
Friday	11 September 2026	Titchfield Boxing club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	14 September 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Summit attacks	
Tuesday	15 September 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Football field mix - tempo effort @ Seafield	
Tuesday	15 September 2026	Locks Heath Sports Ground	6:30pm	Frances Lord (MPW away)	Hills	Coach hill repetitions with plyometrics	
Thursday	17 September 2026	Titchfield Community Centre	6:30pm	Sarah Barron	Speed	Lamppost hills	
Thursday	17 September 2026	Holly Hill Park	6:30pm	Frances Lord		Trail training session (Hills or flat)	

Thursday	17 September 2026	**Club Time Trial** - Eric Road Stubbington	6:30pm	Stacey Read	Speed	4ml contiuous run against the clock	
Friday	18 September 2026	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Summit attacks	
Monday	21 September 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Flying 30s	
Tuesday	22 September 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Double pyramid - speed effort @ Daedalus	
Tuesday	22 September 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml repetitions at Schooner Way	
Thursday	24 September 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	2 min OTW	
Thursday	24 September 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Training session on trails (Hills or flat)	
Friday	25 September 2026	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continous hills	
Monday	28 September 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Lamppost pyramids	
Tuesday	29 September 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shingle run - tempo effort @ The Shack	
Tuesday	29 September 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	200/400m with 200m recoveries at LH Sports Ground	
Thursday	01 October 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Cottes Way 600m	
Friday	02 October 2026	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	05 October 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo pyramids	
Tuesday	06 October 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Hills	Short hills - strength work @ Ranvilles	
Tuesday	06 October 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Pyramid of hills at Garsons Close	
Thursday	08 October 2026	Crofton Community Centre	6:30pm	Frances Lord	Speed	TBD	
Friday	09 October 2026	Whiteley Parkway South	9:30am	Dominic Shepherd	Hills	Short hills	
Monday	12 October 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long and short hills	
Tuesday	13 October 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	4' Tempo efforts @ Seafield	
Tuesday	13 October 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km repetitions at Prelate Way	
Thursday	15 October 2026	Crofton Community Centre	6:30pm	Frances Lord	Speed	TBD	
Friday	16 October 2026	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	19 October 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Danish intervals	
Tuesday	20 October 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Long intervals - tempo effort @ Daedalus	
Tuesday	20 October 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	3x(4x550m, walk recoveries) split pace reps at Sovereign Crescent	
Thursday	22 October 2026	Crofton Community Centre	6:30pm	Frances Lord	Speed	TBD	HRRL NF 10ml 25th Oct
Thursday	22 October 2026	**Club Time Trial** - Eric Road Stubbington	6:30pm	Stacey Read	Speed	4ml contiuous run against the clock	
Friday	23 October 2026	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continous hills	
	****CLOCKS GO BACK ONE HOUR SUNDAY 25th OCTOBER****						
Monday	26 October 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Short hills	
Tuesday	27 October 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Negative splits - speed effort @ Daedalus	
Tuesday	27 October 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Short hill repetitions at top of Red path	
Thursday	29 October 2026	Crofton Community Centre	6:30pm	Frances Lord	Speed	TBD	
Friday	30 October 2026	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Long hills	