



Seniors Summer Training Schedule 2018				
DAY	Date	Meet At	Leader(s)	Session Overview
Thur	07/06/18	Peter Driver	2-3 leaders	Group Threshold session or recovery run for Yateley 10k runners.
Tues	12/06/18	Peter Driver	1 leader	1km Oblong loops near campsite 1* warmup 2* CCW 2* CW - 2 min. recovery
Weds	13/06/18	ALDERSHOT TRACK / Woodland 5	1 leader	Seniors Informal Track Training or 2nd Woodland 5 Race
Thur	14/06/18	Peter Driver	Rob Coates	Summer Handicap Race 2
Sun	17/06/18	Kingsclere		Trail Champs Race 4: Hampshire Hoppit Half-Marathon
Tues	19/06/18	Peter Driver	1 leader	Tower on the Hill, Twesel Down, figure of 8 loops 600m
Weds	20/06/18	Bracknell		Trail Champs Race 5: Bracknell Forest Five - Seniors Formal Track Training is CANCELLED
Thur	21/06/18	Peter Driver	1 leader	Velmead Common / Tow Path 20 mins out 20 mins back. Jog to start.
Tues	26/06/18	Peter Driver	1 leader	Long Hill Reps - starts near ponds & goes towards Caesar's camp - jog to start *4 to *6 reps recover downhill 330m
Weds	27/06/18	ALDERSHOT TRACK	1 leader	Seniors Informal Track Training
Thur	28/06/18	Pub Run	Ian Philip	Social Run meeting at Chequers pub in Well
Tues	03/07/18	Peter Driver	1 leader	Velmead Reps - timed along straight track towards Pontail Bridge & back - 3 min effort 1.5 min recovery retn * 4 each way
Weds	04/07/18	YATELEY		YATELEY 10k RACE 2 - Seniors Formal Track Training is CANCELLED
Thur	05/07/18	Peter Driver	2-3 leaders	Group Tempo/Fartlek Runs 4-8 miles
Tues	10/07/18	Peter Driver	1 leader	Switchback - CCW runs near top of croc hill 1 lap warmup laps 930m *6 effort 180m recover
Weds	11/07/18	ALDERSHOT TRACK	1 leader	Seniors Informal Track Training
Thur	12/07/18	Peter Driver	Rob Coates	Summer Handicap Race 3
Tues	17/07/18	Peter Driver	1 leader	1km Oblong loops near campsite 1* warmup 2* CCW 2* CW - 2 min. recovery
Weds	18/07/18	ALDERSHOT TRACK / Woodland 5	1 leader	Interval session on 400m track or 3rd Woodland 5 race
Thur	19/07/18	Peter Driver	2-3 leaders	Group Threshold session e.g. round Peter Driver Fields
Tues	24/07/18	Peter Driver	1 leader	Racecourse shuttles - 350m tag relay with similar paced runners
Weds	25/07/18	No Informal Track Training	-	ALL TRACK TRAINING CANCELLED - Army Priority
Thur	26/07/18	Pub Run	Ian Philip	Social Run meeting at Plume of Feathers in Crondall
Tues	31/07/18	Peter Driver	1 leader	Sand Loops 1 jog 6* effort (600m) Recover between cattle grids
Weds	01/08/18	YATELEY		YATELEY 10k RACE 3 - Seniors Formal Track Training is CANCELLED
Thur	02/08/18	Peter Driver	2-3 leaders	Group Tempo/Fartlek Runs 4-8 miles
Tues	07/08/18	Peter Driver	1 leader	Switchback - CCW runs near top of croc hill 1 lap warmup laps 930m *6 effort 180m recover
Weds	08/08/18	ALDERSHOT TRACK	1 leader	Seniors Informal Track Training
Thur	09/08/18	Peter Driver	Rob Coates	Summer Handicap Race 4
Sun	12/08/18	Minley	-	Hart 4 Relay Race
Tues	14/08/18	Peter Driver	1 leader	1km Oblong loops near campsite 1* warmup 2* CCW 2* CW - 2 min. recovery
Weds	15/08/18	ALDERSHOT TRACK	1 leader	Interval session on 400m track
Thur	16/08/18	Peter Driver	1 leader	Velmead Common / Tow Path 20 mins out 20 mins back. Jog to start.
Tues	21/08/18	Peter Driver	1 leader	Velmead Reps - timed along straight track towards Pontail Bridge & back - 3 min effort 1.5 min recovery retn * 4 each way
Weds	22/08/18	ALDERSHOT TRACK	1 leader	Seniors Informal Track Training
Thur	23/08/18	Peter Driver	2-3 leaders	Group Tempo/Fartlek Runs 4-8 miles
Tues	28/08/18	Peter Driver	1 leader	Long Hill Reps - starts near ponds & goes towards Caesar's camp - jog to start *4 to *6 reps recover downhill 330m
Weds	29/08/18	ALDERSHOT TRACK	1 leader	Interval session on 400m track
Thur	30/08/18	Pub Run	Ian Philip	Social Run meeting at The Bell Inn, Odiham
Sun	02/09/18	Overton		Overton 5 mile TBC
Tues	04/09/18	Peter Driver	1 leader	1km Oblong loops near campsite 1* warmup 2* CCW 2* CW - 2 min. recovery
Weds	05/09/18	ALDERSHOT TRACK	1 leader	Seniors Informal Track Training
Thur	06/09/18	Peter Driver	2-3 leaders	Group Threshold session
Sun	09/09/18	The Sands, Farnham		Trail Champs Race 7: Pilgrim Half-marathon
Tues	11/09/18	Peter Driver	1 leader	Peter Driver Field Pyramids - 500m per 4 sides
Weds	12/09/18	ALDERSHOT TRACK	1 leader	Interval session on 400m track
Thur	13/09/18	Peter Driver	2-3 leaders	Group Tempo/Fartlek Runs 4-8 miles Start off-road, finish on road.
Tues	18/09/18	Peter Driver	1 leader	Gravel Road Reps - Long / Medium / Short options
Weds	19/09/18	ALDERSHOT TRACK	1 leader	Seniors Informal Track Training
Thur	20/09/18	Peter Driver	1 leader	Winter 25 mins Out and 25 mins Back route.
Sat	22/09/18	Alice Holt Forest		Trail Champs Race 8: Alice Holt 10k
Sun	23/09/18	Farleigh Wallop		Trail Champs Race 9: Farleigh Wallop 10k
Thur	27/09/18	Pub Run	Ian Philip	Social Run meeting at The Exchequer, Crookham Village

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Please note that some Thursday events are under review and are currently shown as a generic event.

We are assuming we can still get access to the training areas that are being fenced off via the new & existing gates. We will have fall back plans in place if we find these are locked on the evening.

Light Green	Social
Dark Green	Trail Champs
Blue	Road Champs
Yellow	Summer handicap
Orange	Aldershot Track Formal
Purple	Aldershot Track Informal

TUESDAYS

Sand Loops 1 jog 6* effort (600m) Recover between cattle grids (within fenced area - fall back TBA)
 Velmead Reps - timed along straight track towards Pontail Bridge & back - 3 min effort 1.5 min recovery retn * 4 each way
 Long Hill Reps - starts near ponds & goes towards Caesar's camp - jog to start *4 to *6 reps recover downhill 330m
 Racecourse shuttles - timed - 2 min effort 1 min recover, & back *4 Far side of racecourse (or 350m tag relay with similar paced runner)
 Tower on the Hill, Twesel Down, figure of Eight - if not roped off
 1km Oblong loops near campsite 1* warmup 2* CCW 2* CW - 2 min. recovery
 Campsite loops *1 warmup *6 Efforts Recover across 4th side of 'square' - temporarily excluded for bad running surface
 Switchback - CCW runs near top of croc hill 1 lap warmup laps 930m *6 effort 180m recover
 Peter Driver Field Pyramids - 500m per 4 sides
 Peter Driver Threshold Sessions 5 minutes effort, 1.5 minutes recovery *5

THURSDAYS

Social run: Odiham Castle - Greywell meet at Water Witch
 Social run: Tundry Pond Loop(s) meet at Barley Mow
 Social run: Hawley Lake - Park in Crown & Cushion car park
 Social Run: Odiham area - Meet in the Bell Inn car park
 Social Run: Crondall area - Meet in the Crondall Village Hall car park
 Social Run: Well area - Meet in the Chequers car park

4* Summer Handicaps Return route is through fenced area - BC has alternative routes that don't cross the Bourley Road
 Fartlek Group runs
 Split ability group tempo runs
 Velmead Common / Tow Path 20 mins out 20 mins back. Jog to start.
 Threshold Sessions
 THURSDAY ROUTES
 Dingley Dell
 Fleet Pond
 Variations on a theme of Caesar's Camp
 Velmead Common
 Rushmoor Woods (In fenced area)
 SANG paths around Ewshot