

# Fleet & Crookham *Athletic Club*



## Seniors Summer Training Schedule

Date	Meet At		Session Overview
02/04/2013	Peter Driver	E	Tower on the Hill, Twesel Down Figure of Eight
09/04/2013	Peter Driver	E	Campsite Session
16/04/2013	Peter Driver	E	Long circuit (starts near orig. Xmas handicap start) 4-6 x 1 lap (slow jog 90 sec recovery)
23/04/2013	Peter Driver	E	Tower on the Hill, Twesel Down Figure of Eight
30/04/2013	Calthorpe Park	E	Track Pyramids
07/05/2013	Peter Driver	E	Crocodile Hill (10 Reps)
14/05/2013	Bourley Rd	E	Campsite Session
21/05/2013	Calthorpe Park	E	Track Pyramids
28/05/2013	Peter Driver	E	Tower on the Hill, Twesel Down Figure of Eight
04/06/2013	Peter Driver	E	Twesel Down Race Course 2 minute efforts
11/06/2013	Peter Driver	E	Crocodile Hill (10 Reps)
18/06/2013	Peter Driver	E	Sand Loops
25/06/2013	Peter Driver	E	Long circuit (starts near orig. Xmas handicap start) 4-6 x 1 lap (slow jog 90 sec recovery)
02/07/2013	Peter Driver	E	Campsite Session
09/07/2013	Peter Driver	E	Tower on the Hill, Twesel Down Figure of Eight
16/07/2013	Calthorpe Park	E	Track Pyramids
23/07/2013	Peter Driver	E	Crocodile Hill (10 Reps)
30/07/2013	Pondtail	E	Longer reps by the canal
06/08/2013	Peter Driver	E	Twesel Down Race Course 2 minute efforts
13/08/2013	Peter Driver	E	Long circuit (starts near orig. Xmas handicap start) 4-6 x 1 lap (slow jog 90 sec recovery)
20/08/2013	Peter Driver	E	Campsite Session
27/08/2013	Peter Driver	E	Crocodile Hill (10 Reps)
03/09/2013	Peter Driver	E	Sand Loops
10/09/2013	Peter Driver	E	Tower on the Hill, Twesel Down Figure of Eight
17/09/2013	Peter Driver	E	Twesel Down Race Course 2 minute efforts
24/09/2012	Peter Driver	E	Crocodile Hill (10 Reps)

Tuesday Sessions to be determined depending on attendees, weather etc