SPARKHILL HARRIERS

SENIORS’ TRAINING SCHEDULE **JUNE 2022**

**Training start times**

Tuesday 6.30pm at club (Fox Hollies Leisure Centre) or location as advertised.

Thursday 6.30pm at the track at Fox Hollies Leisure Centre

Note: Thursday sessions will include stretching before running effort and strength work after the running.

Saturday 10am at location as advertised.

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| **Date** | **Session** |
| Thurs 2ndh | No training – Queen’s jubilee. |
| Sat 4th | Billesley Common.  Meet at car park off Yardley Wood Road (opposite the end of Trittiford Road). |
| Tues 7th | Highbury Park  Meet at 6.30pm at car park off Shutlock Lane  Downhill running session concentrating on running quick but nice and relaxed. |
| Thurs 9th | 1 x 800m 3 mins rec  1 x 700m 2.45 rec  1 x 600m 2.30 rec  1 x 500m 2.15 rec  1 x 400m 2 mins rec  1 x 300m 1.45 rec  1 x 200m 1.30 rec  1 x 100m  Should be getting a bit quicker as distances reduce. Watch for reducing recovery.  Recoveries are each 1 minute shorter than the last time this session was completed. |
| Sat 11th | Cannon Hill Park.  Meet at Holders Lane car park |
| Tues 14th | Palmer’s Rough  Meet at club for 6.30pm for run to venue.  If going direct be ready to run at 6.50pm.  Circuit to include wood as a relay. Approximately 45 minutes. |
| Thurs 16th | 16 x 150m (2 sets of 8 with 5 mins between sets).  First 50m building speed and then 100m at about 80 to 85%  Walk back recovery |
| Sat 18th | Lickey Hills  Warren Lane car park (by visitor centre). |
| Tues 21st | Palmer’s Rough  Meet at club for 6.30pm for run to venue.  If going direct be ready to run at 6.50pm.  12 to 16 efforts of 1 minute with 1 minute recovery. |
| Thurs 23rd | 400m hard  200m jog  150m hard  250m jog  Repeat 5 or 6 times continuous. |
| Sat 25th | Moseley Bog  Car park off Windermere Road. |
| Tues 28th | Cannon Hill Park.  Meet at 6.30pm at Holders Lane car park  Hill session circuit from small pond as a relay. Approximately 45 minutes. |
| Thurs 30th | 1 x 200m 1.30 rec  1 x 300m 2 mins rec  1 x 400m 2.30 rec  1 x 500m 3 mins rec  1 x 600m 3.30 rec  1 x 500m 3 mins rec  1 x 400m 2.30 rec  1 x 300m 2 mins rec  1 x 200m |

**WARNING**

During winter training reflective or light coloured clothing should be worn during hours of darkness.  Paving on footpaths can be uneven.  Extra care should be taken in icy conditions.