

Jan - April 18.xlsx

week	W/B	Tuesday	Details - to include	Coach	Location	Thursday	Coach	Location	Saturday	Coach	Location
1	8th Jan	A,B,Cs running circuits	Skill intro - ABC session with squats, lunges, backward lunges, chained running technique	Jason	Ardington LL rooms	Hill session - strength 8 x 90 sec hills on 4:30 min cycles	Chris + Terry	Leisure Centre	1k on 1k off tempo run x3	Jon	Letcombe Regis VH - TBC
2	15th Jan	A,B,Cs running circuits	ABC as week 1 plus (reinforce) ladders & hurdles (develop)	Terry	Ardington LL rooms	Intervals – speed - 3x 400m with 800m recovery	Ian + Terry	Leisure Centre	Short hills – 10 secs up – 30 secs down. Loop repeat x5	Jon	Letcombe Regis VH - TBC
3	22nd Jan	A,B,Cs running circuits	ABC as week 1&2 plus (reinforce) hurdles drills (develop), sprints, triple extension	Clare M	Ardington LL rooms	Hill session - strength 8 x 2 min hills on 5 min cycles (jog down recovery). Triple extension reinforcement	Jon + Terry	Leisure Centre	1k on 1k off tempo run x4	Terry	Letcombe Regis VH - TBC
4	29th Jan	A,B,Cs running circuits	ABC as weeks' 1-3 plus (reinforce) small box jumps for alactic (develop), grapevine, high hips	Jason	Ardington LL rooms	Intervals - speed - 4x 400m with 800m recovery	Terry + Ian	Leisure Centre	Short hills – 20 secs up – 60 secs down. Loop repeat x6	Jon	Letcombe Regis VH - TBC
5	5th Feb	A,B,Cs running circuits	ABC as weeks' 1-3 plus (reinforce) medium box jumps for alactic (develop), 3s sprint, triple extension	Jon	Ardington LL rooms / Maybe Childrey	Hill session - strength 10 x 90 sec hills on 4 min cycles (jog down recovery). Triple extension reinforcement	Ian + Terry	Leisure Centre	1k on 1k off tempo run x5	Terry	Letcombe Regis VH - TBC
6	12th Feb	A,B,Cs running circuits	ABC as weeks' 1-3 plus (reinforce) small box jumps into hurdles (develop - increase explosion)	Terry	Ardington LL rooms / Maybe Childrey	Intervals - speed - 5x 400m with 800m (or less) recovery	Chris + Terry	Leisure Centre	Short hills – 30 secs up – 90 secs down. Loop repeat x7	Chris	Letcombe Regis VH - TBC
7	19th Feb	A,B,Cs running circuits	ABC as weeks' 1-3 plus reinforce medium box jumps into hurdles (develop - increase explosion)	Chris	Ardington LL rooms / Maybe Childrey	Hill session - strength 10 x 2 min hills on 4 min cycles (jog down recovery)	Ian + Terry	Leisure Centre	1k on 1k off tempo run x6	Jon	Letcombe Regis VH - TBC
8	26th Feb	A,B,Cs running circuits	ABC as weeks' 1-3 reinforce plus small box jumps into hurdles (develop increase explosion)	Jason	Ardington LL rooms / Maybe Childrey	Intervals - speed - 5x 500m with 800m (or less) recovery	Jon + Chris	Leisure Centre	Short hills – 40 secs up – 120 secs down. Loop repeat x7	Terry	Letcombe Regis VH - TBC

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9	5th March	A,B,Cs running circuits	ABC as weeks' 1-3 reinforce plus small box jumps into hurdles (develop increase explosion)	Terry	Ardington LL rooms / Maybe Childrey	Hill session - strength 10 x 2 min hills on 4 min cycles (jog down recovery)	Jon + Ian	Leisure Centre	1k on 1k off tempo run x7	Jon	Letcombe Regis VH - TBC
10	12th March	A,B,Cs running circuits	ABC as weeks' 1-3 reinforce plus small box jumps into hurdles (develop increase explosion)	Chris	Ardington LL rooms / Maybe Childrey	Intervals - speed - 5x 500m with 800m (or less) recovery	Terry + Ian	Leisure Centre	Short hills – 50 secs up – 150 secs down. Loop repeat x7	Chris	Letcombe Regis VH - TBC
11	19th March	A,B,Cs running circuits	ABC as weeks' 1-3 reinforce plus small box jumps into hurdles (develop increase explosion)	Jon	Ardington LL rooms / Maybe Childrey	Hill session - strength 11 x 2 min hills on 4 min cycles (jog down recovery)	Terry + Jon	Leisure Centre	1k on 1k off tempo run x7	Terry	Letcombe Regis VH - TBC
12	26th March	A,B,Cs running circuits	ABC as weeks' 1-3 reinforce plus small box jumps into hurdles (develop increase explosion)	Jason	Ardington LL rooms / Maybe Childrey	Intervals - speed - 5x 500m with 800m (or less) recovery	Ian + Terry	Leisure Centre	Short hills – 50 secs up – 150 secs down. Loop repeat x7	Jon	Letcombe Regis VH - TBC
13	2nd April	A,B,Cs running circuits	ABC as weeks' 1-3 reinforce plus small box jumps into hurdles (develop increase explosion)	Terry	Ardington LL rooms / Maybe Childrey	WHH half on Sunday	Chris + Terry	Leisure Centre	NA	NA	Letcombe Regis VH - TBC