**Description of Tuesday night training sessions**

In order to help everyone, particularly new members, understand what our Tuesday night sessions involve we thought it would be useful to provide a more detailed description below. This is by no means a definitive description, as it will change from time to time depending on numbers attending, weather and the decision of the coach in charge, but it will help to give you an idea in advance of what to expect. Also always check on the website under ‘Calendar’ for any changes to the schedule or venue. Usually the sessions will involve some ‘dynamic’ warm-ups (i.e. on the move) beforehand, and a cool down afterwards with some static stretching, depending on time available. Whenever it is dark and/or poor visibility remember to wear a Hi-Viz bib. This is a strict club rule.

**Summer sessions**

**‘Sue’s steps’**

Location: by the pylon at the entrance roundabout to Elvetham Heath. Meet at the Hart Leisure Centre (HLC).

Description: So called because it was devised by Sue Graves. It is a two-part session consisting of 600m efforts along a gravel linear footpath with one minute recovery between efforts. The second part is a 700m loop, effort uphill for about 80m and then downhill to the start. Again, with one-minute recovery. This session provides a timed, high intensity work out which aims to improve cardiovascular fitness and agility.

**Fartlek, Bourley Road**

Location: meet at the car park on Bourley Road (about one mile past the Tweseldown Race course on the left heading towards Aldershot)

Description: ‘Fartlek’ is a Swedish word which roughly translated means ‘speed play’ and involves fast and slow running, maybe even walking. This is an off-road session around a roughly triangular circuit of about half a mile. The ground underfoot is very stony and uneven, and involves efforts uphill (2) with recovery jog downhill. The number of reps are tailored to ability groups. This session is designed to improve both uphill and downhill running technique, and tolerance to lactic build up.

**Kilometre efforts, Bourley Road**

Location: meet as above, except the session will take place in the woods on the other side of Bourley Road.

Description: An off-road session in the woods above Tweseldown Race Course. Involves a roughly one kilometre square course on hilly footpaths, with efforts on 3 sides of the square, and a recovery jog/walk on the 4th side. It provides sections of fast downhill running and prolonged inclines.

**Hill slalom, Farnham Park**

Location: Farnham Park (meet at the golf club car park on left hand side of Folly Hill at bend before it becomes Castle Hill)

Description: An off road session on grass in the delightful setting of Farnham Park. Consists of 3 consecutive short uphill efforts, followed by a long loop of the park (part effort/part recovery). Interspersed with 50m sprints. This is a fun and social opportunity to improve your hill running and leg strength. Suitable for all abilities.

**Paarlufs, Calthorpe Park**

Location: On the Merivale side of Calthorpe Park (meet at HLC).

Description: Paarluffs is another Scandinavian word meaning running with a partner, preferably of similar ability. The idea being that each runner helps and encourages the other. Paarluffs are a fun way to train, with significant benefits as you work on your leg speed and anaerobic threshold. Each session will vary slightly according to the coach leading it, but principally it will involve a certain number of laps around the field, with each runner taking his/her turn with the effort whilst the other recovers, then both runners take a long recovery jog around the park together.

**Pyramid Session, Calthorpe Park**

Location: (as above)

Description: This is an excellent session introduced to us by England Athletics ‘Flying Coach’ Martin McCarthy. As the name suggests it is an incremental effort based on time rather than distance (so again suitable for all abilities). All runners set off together around a marked-out course and are timed on a whistle by the coach. Again running around the field (so off-road shoes), the efforts are: 2mins,3mins,4mins,5mins,4mins,3mins,2mins, with the recovery time being half the effort time. The recovery will be an easy jog. The idea of this session is that it is teaching your body to become used to and adapt to increasing work loads.

**Winter sessions**

**Sandwich Session**

Location: Ibworth Lane/Elvetham Heath

Description: A sandwich session is designed to improve an athletes strength and speed working at different intensities usually between Threshold and a much higher intensity.

This session can be held on either a flat or hilly terrain at the discretion the lead coach.

*Hilly version* a typical session can include 6 x very high intensity short uphill sprints returning downhill as recovery. After a recovery as decided by the lead coach, there is a timed threshold run for “n” minutes uphill and downhill. This is followed by a recovery and the threshold run is repeated. Following a recovery, the first high intensity sprints are repeated.

*Flat version*

This will start with a timed Threshold run as defined by the lead coach,

Following this the led coach will define a series of intervals either timed or distance which should be carried out at a higher intensity.

After suitable recovery another timed threshold run will be completed.

Sandwich sessions are very flexible where the lead coach can tailor the session to suit all abilities of athlete.

**Hill Seesaw**

Location: Elvetham Heath

Description: This session is designed to build strength and endurance. This session can be run as a continuous or interval session at the discretion of the lead coach.

A hilly course is required that combines both up and down hill as such a very suitable venue for this session is along Mounts Way on Elvetham Heath between Elvetham Crescent and Fullerton Close.

Continuous session

This would involve working at high intensity running up hill and recovery downhill, to get maximum benefit from this session it is good to increase the running intensity on the downhill section about 20 metres before the bottom such that the uphill section is started when already running fast.

Interval session

At the discretion of the lead coach they will define the intensity and number of repetitions  of uphill and downhill with a static recovery period.

**Figure of 8**

Location: Elvetham Heath

Description: This session is designed for speed endurance and to learn to increase intensity when fatigued. As the name suggests the course is a double loop in the shape of a figure of 8. A suitable venue for this session is on Elvetham Heath with one loop around Elvetham Crescent and Mounts Way and the second loop around the Key Centre.

The lead coach will define the intensity of each loop, this session can be implemented as either a continuous or interval session.

**Kenyan Hills**

This session was so named after the type of training carried out by elite athletes in Kenya, who run a hilly course and aim to keep the same high intensity running up and down each hill.

**Fartlek, Avenue Road**

Location: Avenue Road off Elvetham Road. (meet at HLC)

Description: Approx 1 mile warm up jog to the start at the bottom of Avenue Road. The lap route is basically up the hill of Avenue Road, downhill Church Road, and back to the start along Elvetham Road, with loops off into RosendinGardens and Gough Road. Groups will be set off in their 3 ability categories, and as the name suggests there will be 3 bursts of effort interspersed with recovery jog. The exact start and finish of the efforts and the number of reps to aim for will be explained on the night. Runners are advised to take extreme caution of traffic on this route, particularly down Church Road.

**Timed efforts, Fitzroy Road**

Location: Fitzroy Road, off Hitches Lane. (meet at HLC)

Description: Warm-up jog from HLC to the junction of Fitzroy Road and Hitches Lane. We use the length of Fitzroy Road (approx 1km) to do a dynamic warm up. Re group at the Tavistock Road end of Fitzroy Road (this is the start and finish of the efforts). The session involves 8 x 3 minute efforts up and down Fitzroy Road (4 out and 4 back) with one minute recovery in between each effort. There will be a coach at each end, and you will start and stop on the coaches’ whistle. Again, suitable for all abilities. Fitzroy Road is relatively traffic-free, but again runners should be aware of and give precedence to cars. Be sensible and respect local residents.

**Pyramid session, Elvetham Heath**

Location: Elvetham Heath (pond). (meet at HLC)

Description: A high intensity session to improve speed and cardio vascular fitness. After a warm up jog from the leisure centre, we rendezvous at the roundabout just past Morrisons supermarket (near the nature reserve). The runners are divided into two groups, with one group running one way and the other group the other way. It is an out and back session, with runners starting and finishing on the coaches whistle. We usually have 3 coaches supervising this session – with one coach running with each group and the other remaining at ‘base’. Whilst the times may vary, the efforts usually are : 1min,2mins,3mins,4mins,3mins,2mins,1min, with recovery time half the effort time.

The advantage we have on Elvetham Heath is that it is well-lit with good surfaces and wide footpaths. As always, be considerate to walkers and cyclists who share these footpaths.

**Paarlufs, Elvetham Heath**

Location: Community Centre, Elvetham Heath (meet at HLC)

Description: Paired running around the wide footpaths of Elvetham Heath green (about 500 m). After some dynamic warm ups, Runner 1 runs a lap and a half at aerobic threshold pace around the green, whilst Runner 2 jogs to the halfway point. When Runner 1 arrives at this point, Runner 2 sets off at a 'tempo' (sub 10k) pace whilst Runner 1 jogs back to the start, and so on. Runners will be encouraged to do at least 4 sets or about 30 minutes efforts.

**Peer Group Sessions**

Location: various.

Description: These sessions will take place usually at monthly intervals throughout both winter and summer. The idea being that runners are split into 3 ability groups according to their 10k time (Group 1 sub 42 mins; Group 2 42 mins-50 mins; Group 3 over 50 mins). The lead coach for each group will decide the session after liaising with the other coaches, and these sessions and venues will be advertised a week before they take place.

**Timed efforts, Elvetham Heath**

Location: Elvetham Heath (pond). (meet at HLC)

Description: Warm up jog from HLC to the roundabout near the nature reserve on Elvetham Heath (first roundabout past Morrisons). This session is the same as for the Fitzroy Road Timed Efforts, (but we have the advantage of wider pavements and better lighting for large groups) i.e. 8 x 3 minute efforts out and back (4 out and 4 back) with one minute recovery in between each effort. There will be a coach at each end timing you, and you will start and stop on the coach’s whistle. Suitable for all abilities – if we have a large group we will divide into two, with one group going one way and the other group going the other way. Afterwards a warm-down jog back to HLC.

**Clover Leaf, Elvetham Heath**

Location: Community Centre, Elvetham Heath. (meet at HLC)

Description: Warm up jog from HLC to the Community Centre on Elvetham Heath (next to the De Havilland pub). We use the footpath across the green to do a dynamic warm up session. Re-group at the roundabout on the far side of the green. Runners will divide into 3 ability groups, with each group doing a different leg of the ‘clover leaf’. These consist of 3 circular routes (short, medium and long) starting and finishing at the roundabout where the coaches will be stationed to time recovery, look after jackets, drinks etc. and offer advice and encouragement. The short lap is approx 500m, the medium approx 800m and the long approx 1100m.The actual number of ‘sets’ per group will be advised by coaches on the night. Afterwards a warm-down jog back to HLC.