



# Victory Athletic Club

Affiliated to English Athletics; SEAA & HAA

## Tuesday Training Schedule Autumn /Winter 2019/20

All sessions start at 6:30pm **sharp** from outside Havant Leisure Centre

There are now suggestions for tempo sessions for some runs

- these are optional for those wishing to target aerobic development.

Date	Session	Coach	Sweeper
1 Oct	Portsdown Hill/Winter Handicap Recce	Chris /Nicola	Kevin Leighfield
8	Emsworth Tempo	Lesley	Sara Heath
15	Rowlands 10k (can be extended up Link's Lane 1.2m)	Dave	Zoe Gill
22	Crookhorn (Can be extended up London Rd 1.5-2.5m)	Ali	Hannah Lowry
29	Emsworth 10k	Mary	Simon Turner
5Nov	Farlington Ave	Becki	Hazel Jenkinson
12	Emsworth Tempo	Gemma	Bob Wheeler
19	Rowlands 10k (can be extended up Link's Lane 1.2m)	Debbie	John Gallagher
26	Crookhorn (Can be extended up London Rd 1.5-2.5m)	Marilyn	Howard W
3 Dec	Emsworth 10k	Mary	Tim Cooper
10	Farlington Ave	Chris	Jim Clow
17	Hayling – Victoria Road Loop x 2 (CHRISTMAS LIGHTS)	Pete/Debbie	David Lown
24	<b>TBC</b>		
7	Emsworth Tempo	Lesley	Paul Smart
8	Rowlands 10k (can be extended up Link's Lane 1.2m)	Dave	Mark Cooter
14	Emsworth 10k	Gemma	Laura Praeger
21	Farlington Ave	Ali	Rachel Burton
28	Emsworth Tempo	Becki	Helen Boiling
4 Feb	Rowlands 10k (can be extended up Link's Lane 1.2m)	Nicola	Pete Burns
11	Crookhorn (Can be extended up London Rd 1.5-2.5m)	Pete	Lucy Cowlin

18	Emsworth 10k	Mary	Peter Beachill
25	Farlington Ave	Marilyn	Shelly Butler
3 Mar	Emsworth Tempo	Lesley	Lynette Meredith
10	Rowlands 10k (can be extended up Link's Lane 1.2m)	Gemma	Dee Sims
17	Crookhorn (Can be extended up London Rd 1.5-2.5m)	Ali	John Cowlin
24	Emsworth 10k/Short Handicap Recce	Nicola/Debbie	Michelle Jones
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No Leigh Park run – replaced with Rowland's 10k  
 Tuesday Hill runs do not coincide with Barton's Hill session  
 Stretching at the end of all sessions  
 No alternative on any Winter sessions