



# Victory Athletic Club

Affiliated to English Athletics; SEAA & HAA

## Thursday Autumn/Winter Training Schedule 2019/2020

*All sessions start at 6PM **sharp** from outside Havant Leisure Centre*

Each session is preceded by a warm up jog.

Date	Session	Coach
3 Oct	1 <sup>st</sup> Winter Handicap	
10	Barton's Road – Hills	Chris/Lucy
17	Havant Park - Pyramid	Pete
24	Warblington – 800m reps	Lesley
31	Warblington Railway Path – 400m	Dave
7 Nov	2 <sup>nd</sup> Winter Handicap	
14	Barton's Rd Hills	Debbie/Mary
21	Warblington – 1m reps	Nicola
28	West Leigh Cycle Track – Fartlek (fast, slow,fast, slow) Barton's Road – Hills	Mary
5 Dec	3 <sup>rd</sup> Winter Handicap	
12	Warblington – 800m	Ali
19	Havant Park – 400/155	Paul M/ Marilyn
26	<b>TBC</b>	
2 Jan	4 <sup>th</sup> Winter Handicap	
9	Barton's Road – Hills	Chris/Lucy
16	Warblington – 1m reps	Dave
23	Warblington Railway Path – 400m	Lesley
30	West Leigh Cycle Track – Fartlek (fast, slow,fast, slow)	Becki
6 Feb	5 <sup>th</sup> Winter Handicap	
13	Havant Park - Pyramid	Malcolm
20	Warblington – 800m	Ali
27	Barton's Rd Hills	Debbie/Nicola
5 Mar	Final Winter Handicap	
12	West Leigh Cycle Track – Fartlek (fast, slow,fast, slow)	Chris
19	Havant Park – 400/155	Paul M
26	1 <sup>st</sup> Summer Short Handicap	

All sessions are 25 min efforts with warmup/cool down  
 Try to have min 1 mile warm up and 0.5 mile cool down  
 Stretching at the end of all sessions  
 No alternative sessions on any Winter sessions