



Victory Athletic Club

Affiliated to English Athletics

Tuesday Training Schedule Summer 2021

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

There are now suggestions for tempo sessions for some runs

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

Date	Route	Session	Distance	Sweeper	Coach	Junior
20/7/21	Hayling Billy trail	HLC – HB Trail 30 mins out – 30 mins back	5.5 miles		Dave	UJ/AJ
27/7/21	Emsworth	Emsworth Foreshore	7 miles		Ali	UJ
3/8/21	Havant Thicket	Havant Thicket figure of 8	5.5 miles		Nicola	UJ
10/8/21	Rowlands Castle 4	Continuous run through Stansted meet at Rowlands Castle	6 miles		Pete	UJ
17/8/21	Emsworth	Emsworth foreshore	7 miles		Chris	UJ
24/8/21	Hayling Billy trail	HLC – HB Trail 30 mins out – 30 mins back	6 miles		Gemma	UJ/AJ
31/8/21	Portsdown Hill	Down Farlington Ave – up Glebe Park	7 miles		Dave	UJ
7/9/21	Havant Thicket	Havant Thicket figure of 8	5.5 miles		Nicola	UJ
14/9/21	Old Farlington Marshes	Continuous run – multi terrain	5.5 miles		Ali	UJ
21/9/21	Emsworth	Emsworth foreshore	7 miles		Pete	UJ
28/9/21						

1. Bidbury Lane car park
2. Havant Thicket car park just off Wichers Gate to Horndean Road
3. Car park at the back of QE Park at the top of Kiln Lane south of Buriton
4. Park close to viaduct by the Rowlands Castle green
5. St Peters Church Hall in Northney, Hayling Island

Please note: These are the club approved training sessions if you do not run these then you run at your own risk and are not covered by Club's 3rd party insurance.

Junior (15 and above) friendly runs denoted: UJ or AJ
UJ= unaccompanied Junior; AJ = accompanied Junior

Children aged 12-14 yrs may run with a parent or a designated adult at the sessions which have been labelled AJ on the training schedules.

However, for some of these sessions children may need to be transported to the site of the session, as the warm up / cool down run distance may be in excess of one mile each way. 12-14's are not permitted to enter, or to run at, any of the club handicap races (winter, summer short, summer long) or relay races.

Children 15+ are permitted to run by themselves at sessions labelled UJ.

Please check the training schedule or seek advice from one of the coaches, for suitable sessions before bringing a child with you to training.