

March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 River Park Tempo Run Meet 7.00pm for 7.10 start	2 (450 loop) 14 * 90 sec's off 45 2 sets! (3mins). 15 min cool down run. DV not available	3 Rest	4 Hampshire League @ Reading	5 Sunday run with DV
6 Steady run 35 to 45 mins	7 Track session 12 * 400m off 90 sec's (3 sets) 5 / set 15 min cool down run	8 Steady run up to 45mins – River Park 7.00pm	9 Grass 8 * 2m30 mins (90 sec's). 2 sets of 4 (Or more) – 450 loop	10 Rest	11 Inter Counties @ Loughborough by Selection	12 Sunday run with DV
13 Steady run 35 to 45 mins	14 Track Session! 10 * 500metres walk back recovery, 2 sets of 5. (1500m pace)	15 Steady run up to 45mins – River Park 7.00pm	16 Grass Flat Pyramid (1,1min30,2min,2min 1min30,1min) * 2 off 90 sec's 5 min	17 Rest	18 English Schools Champs @ Norfolk Showground Norwich	19 Eastleigh 10k – No organized Sunday run
20 Steady run 35 to 45 mins	21 Track Session 2 * 800m off 4 mins / 2 * 600m (3mins)/ 2 * 400m (2 mins)/2 * 200m off 60sec's	22 Steady run up to 45mins – River Park 7.00pm	23 Grass Session 14 * 90 sec's off 60's 2 sets with 3 mins. – 450m loop	24 Rest	25 Track session 09.30 at the Track!	26 Sunday run with DV
27 Steady run 35 to 45 mins	28 Track Closed Grass Session 16 * 70 sec's off 45 sec's recovery	29 Steady run up to 45mins – River Park 7.00pm	30 Grass Pyramid (1min30,2min,2m30,2 min 1min30) * 2 off 90 sec's 5 min /sets 600m loop	31 Rest	1 st April Track session 09.30 at the Track!	2 nd April Sunday run with DV

Sat 8th April Havant Open Mtg @ Portsmouth / Sunday 9th April Salisbury 10 / [SAL Match April 15th Exeter](#)