SPARKHILL HARRIERS

SENIORS’ TRAINING SCHEDULE **MAY 2025**

**Training start times**

Tuesday 6.30pm at club (Fox Hollies Leisure Centre) or location as advertised.

Thursday 6.30pm at the track at Fox Hollies Leisure Centre

Note: Thursday sessions will include stretching before running effort and strength work after the running.

Saturday 10am at location as advertised. Training sessions in the parks will be mainly interval based including sessions such as 45 minutes running as a relay, a mixture of long and short efforts etc. The training sessions in the countryside will be long runs of about 6 to 9 miles and will include a variety of terrains. They are typically quite hilly.

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| **Date** | **Session** |
| Thurs 1st | 8 x 400m  Start on inside lane and run 1 lap (400m). Move to lane 2 and run slightly over 400m and so on up to and including lane 4. Then work down through the lanes 4 to 1. This means you’ll run in each lane on 2 occasions. The aim is to complete each lap in the same time, which means having to run the laps in lanes 2 – 4 faster than the lap in lane 1.  Lanes 2 – 4 are roughly 7m longer each starting from the 400m scratch line. So, by lane 4 you’re running about 28m further.  Recovery 2 minutes 30 seconds between each 400m. |
| Sat 3rd | Malvern Hills  This will be a run led by Barry. It’ll be about 5 to 6 miles and suitable for trail shoes.  Further details will be provided nearer the time. We will think about car sharing then. |
| Tues 6th | Billesley Common  Meet at car park off Yardley Wood Road (where Trittiford Road joins Yardley Wood Road) at 6.30pm for warm up.  If running to location as a warm up, be there for 6.50pm for session start. We will (when standing with back to car park) be down the hill from the play area.  Down and up the clock  5mins, 4mins, 3mins, 2mins, 1 min, 1 min, 2 mins, 3 mins, 4 mins, 5 mins  Recoveries 4mins, 3 mins, 2 mins, 1 min, 30 seconds, 1 min, 2 mins, 3 mins, 4 mins |
| Thurs 8th | 30 to 35 minutes to the whistle. Varying length of time for efforts and recovery. |
| Sat 10th | Cannon Hill Park.  Meet at Holders Lane car park |
| Tues 13th | Playing field off Cole Bank Road (opposite entrance to Sarehole Mill).  Meet at club at 6.30pm to run to location.  If going straight to location, be warmed up ready to run at 6.50pm  Run as a 2 person relay round outside of playing field with active (jogging) recovery for about 1/3 of lap.  Duration of relay about 45 minutes. |
| Thurs 15th | Run 5 minutes easy (2 laps) followed by  12 to 16 x 1 minute hard with 1 minute walk recovery followed by  Run 5 minutes easy (2 laps) |
| Sat 17th | Chinn Brook  Meet at car park where Highfield Road meets Priory Road |
| Tues 20th | Playing field off Cole Bank Road (opposite entrance to Sarehole Mill).  Meet at club at 6.30pm to run to location.  If going straight to location, be warmed up ready to run at 6.50pm  Runners to be put in evenly matched groups to run circuits of playing field with hard effort of about 1/3 of field on each lap.  Number of laps will depend on group in. About 8 to 12 laps. |
| Thurs 22nd | 300m as a relay (2 person).  Walk back 100m recovery ready to start next 300m when partner finishes 300m. Continuous for about 35 minutes. |
| Sat 24th | Palmer’s Rough  Meet at clinic car park off Northbrook Road |
| Tues 27th | Moseley Bog  Car park off Windermere Road  Meet at club at 6.30pm to run to location.  If going straight to location, be warmed up ready to run at 7pm  Field by car park – one short lap and one long lap (alternating) run as a 2 person relay.  Duration of relay about 45 minutes |
| Thurs 29th | 5 to 6 sets of 1,000m with 1 minute recovery followed by 300m (fast).  3 minutes between each 1,000m/300m set. |
| Sat 31st | Elmdon Park  Meet at church car park. Access off Damson Parkway (by Solihull Moors football ground). |

**WARNING**

During winter training reflective or light coloured clothing should be worn during hours of darkness.  Paving on footpaths can be uneven.  Extra care should be taken in icy conditions.