SPARKHILL HARRIERS

SENIORS’ TRAINING SCHEDULE **APRIL 2024**

**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: When meeting at leisure centre we meet in first car park on left as you enter the site.

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 are long runs of about 6 to 9 miles and include a variety of terrains. They are typically quite hilly.

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| **Date** | **Session** |
| Tues 2nd | Fox Hollies Park. Meet at the club.  This will be a repetition session on grass run as a relay for about 45 minutes. |
| Thurs 4th | 1 x 200m 45 secs  1 x 300m 1.15 mins rec  1 x 400m 1.45 mins rec  1 x 500m 2.15 mins rec  1 x 600m 2.45 mins rec  1 x 500m 2.15 mins rec  1 x 400m 1.45 mins rec  1 x 300m 1.15 mins rec  1 x 200m |
| Sat 6th | Elmdon Park  Meet at church car park. Access off Damson Parkway (by Solihull Moors football ground). |
| Tues 9th | President’s 5k  Details to follow |
| Thurs 11th | 5 x 400m with 2 minutes 30 recovery  3 minutes recovery then  4 x 300m with 1 minute 40 recovery  3 minutes recovery then  3 x 200m with 1 minute recovery |
| Sat 13th | Cofton Park  Meet at car park off Lowhill Lane |
| Tues 16th | Sarehole Mill (off Cole Bank Road)  Meet at club at 6.30pm to run to location.  If going straight to location, be warmed up ready to run at 6.55pm  Two-person relay round outside of park with hard effort last 50 yards.  Running time 45 minutes. |
| Thurs 18th | 1 x 800m 3 mins rec  1 x 700m 2.45 rec  1 x 600m 2.30 rec  1 x 500m 2.15 rec  1 x 400m 2 mins rec  1 x 300m 1.45 rec  1 x 200m 1.30 rec  1 x 100m  Should be getting a bit quicker as distances reduce. Watch for reducing recovery. |
| Sat 20th | Oakland’s Park Run (details to follow)  We might have an impromptu training session after the park run.  If the park run doesn’t take place it will be  Palmer’s Rough  Meet at clinic car park off Northbrook Road |
| Tues 23rd | Sarehole Mill (off Cole Bank Road)  Meet at club at 6.30pm to run to location.  If going straight to location, be warmed up ready to run at 6.55pm  Repetition session – 200m steady, 200m getting quicker, 200m full out.  Recovery about 2 to 3 minutes  Number of efforts 6 to 8. |
| Thurs 25th | 30 to 35 minutes continuous running.  Running straights hard with jog recovery on bends. |
| Sat 27th | Malvern Hills  This will be a run led by Barry. His early thinking is that it’ll be about 5 to 6 miles. It will be suitable for trail shoes. Apparently, there are good views.  Further details will be provided nearer the time. We will think about car sharing then. |
| Tues 30th | Billesley Common  Meet at car park off Yardley Wood Road at 6.30pm for warm up.  Variety of repetitions as a two-person relay. Overall time running for pairs about 45 to 50 minutes meaning each runner will be running hard for about 22 to 25 minutes. |

**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.