

## SPARKHILL HARRIERS

### SENIORS' TRAINING SCHEDULE AUGUST 2022

#### 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.

Date	Session
Tues 2nd	Chinn Brook Meet at car park where Highfield Road meets Priory Road 3 mins at 5k pace 5 mins recovery run Repeat 5 times
Thurs 4 <sup>th</sup>	16 x 150m – walk back recovery 2 sets of 8 with 5 minutes between each set First 50m building speed with last 100m at about 80%.
Sat 6 <sup>th</sup>	Billesley Common. Meet at car park off Yardley Wood Road (opposite the end of Trittiford Road).
Tues 9th	The Dingles Meet at club at 6.30pm for run to venue. If going straight to location, be warmed up ready to run at 6.50pm. Meet at park end of Coleside Avenue. 5 x c800m.
Thurs 11 <sup>th</sup>	400m hard 200m jog 150m hard 250m jog  Repeat 6 or 7 times continuous.
Sat 13th	Cofton Park Meet at car park off Lowhill Lane
Tues 16th	The Dingles Meet at club at 6.30pm for run to venue. If going straight to location, be warmed up ready to run at 6.50pm. Park end of Coleside Avenue. Fartlek run in groups for about 35 - 40 mins.
Thurs 18th	8 x 400m pace injector  200m at 5k pace, 100m at 800m pace, reverting to 100m at 5k pace.  3 mins recovery between each effort.

Sat 20th	<p>Client Hills</p> <p>Nimmings visitor centre, Hagley Wood Lane off A456. Nearest postcode for sat nav is B62 0NL. <b>Note - it is a National Trust car park and there is a charge. Therefore, if you are a National Trust member remember to take your membership card.</b></p>
Tues 23rd	<p>Sarehole Mill (off Cole Bank Road)</p> <p>Meet at club at 6.30pm to run to location.</p> <p>If going straight to location, be warmed up ready to run at 6.50pm.</p> <p>Circuit of about 300m to 400m run as pairs with different runner leading on each effort and other runner trying to stay with them. Pairs will be as far as possible evenly matched.</p>
Thurs 25th	<p>200m reps as a relay for c35 minutes.</p>
Sat 27th	<p>Warley Woods (Bearwood).</p> <p>Parking down Barclay Road. Meet where Barclay Road meets Upper St Mary's Road.</p> <p>Training session being organized by Patrick.</p>
Tues 30th	<p>Playing field opposite Sarehole Mill (off Cole Bank Road)</p> <p>Meet at club at 6.30pm to run to location.</p> <p>If going straight to location, be warmed up ready to run at 6.50pm.</p> <p>Relay round field for c45 mins with active recovery.</p>

## 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.