

## SPARKHILL HARRIERS

### SENIORS' TRAINING SCHEDULE MAY 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 3rd	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 6.55pm Run as a relay round outside of playing field with active (jogging) recovery for about ¼ of lap. About 45 minutes.
Thurs 5th	Run 10 minutes (easy) followed by 8 x 1 minute hard followed by 1 minute walk then Run 10 minutes easy
Sat 7 <sup>th</sup>	Elmdon Park Car park at church off Damson Parkway (entry to road by Solihull Moors football ground).
Tues 10 <sup>th</sup>	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 6.55pm Runners to be put in evenly matched groups to run circuits of playing field with effort of about 1/3 of field on each lap. Number of laps will depend on group in. About 4 to 6 laps.
Thurs 12 <sup>th</sup>	200m reps as a relay. 30 to 35 minutes
Sat 14 <sup>th</sup>	Highbury Park (entrance off Shutlock Lane).
Tues 17th	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 relay.
Thurs 19th	5 x 800m 4 minutes recovery between each 5-minute jog followed by 3 x 100m with 100m walk back recovery
Sat 21st	Swanhurst Park Car park by fire station.
Tues 24 <sup>th</sup>	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 – continuous running of 1 minute easy, 1 minute quicker, 1 minute hard. Repeating for a total of 36 minutes.
Thurs 26th	5 x 400m with 2 minutes 30 recovery 5 minutes recovery 4 x 300m with 1 minute 40 recovery 5 minutes recovery 3 x 200m with 1 minute recovery
Sat 28th	Henley in Arden
Tues 31st	Highbury Park (entrance off Shutlock Lane). Meet at location at 6.30pm. Runners will be put in evenly matched groups to run circuits of field. Number of laps will depend on group in. About 4 to 6 laps.

### **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.