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| SPARKHILL HARRIERSSENIORS’ TRAINING SCHEDULE **FEBRUARY 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 CentreNote: When meeting at leisure centre we meet in first car park on left as you enter the site.Note: Thursday sessions will include active warm up and 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** |
| Sat 1st | Palmer’s RoughMeet at clinic car park off Northbrook Road |
| Tues 4th | Burnaston RoadHill session c10 to 14 efforts depending on level of fitness.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 top of Burnaston Road. |
| Thurs 6th | 16 x 150m (first 50m building speed with last 100m about 80 – 85%)2 sets of 8 with 5 mins between sets. Walk back between each effort.Light session before race on Saturday |
| Sat 8th | No training – Men’s and Ladies’ cross-country leagues. |
| Tues 11th | Stratford Road, Robin Hood Lane and Highfield Road circuit.3 efforts on each circuit with recovery walk between. Number of circuits c3 to 5 depending on level of fitness.Meet at club for 6.30pm for run to venue.If going direct be ready to run at 6.45pm. Meet where Stratford Road meets Highfield Road. |
| Thurs 13th | Run 10 minutes (easy) followed by12 x 1 minute hard followed by 1 minute walk recovery thenRun 10 minutes easy |
| Sat 15th | Moseley BogCar park off Windermere Road. |
| Tues 18th | Fartlek from club (Olton route). Meet at the club at 6.30pm.6 to 8 miles depending on whether you run the shorter route.  |
| Thurs 20th | 8 x 400m pace injector200m at 5k pace, 100m at 1,500m pace, reverting to 100m at 5k pace.3 mins recovery between each effort. |
| Sat 22nd | No training – National Cross-Country Championships  |
| Tues 25th | Brook Lane central reservation10 up and 10 down (short & sharp session)Meet at club for 6.30pm for run to venue.If going direct be ready to run at 6.55pm. Meet where Brook Lane meets bottom end of The Hurst. |
| Thurs 27th | 400m at 10k pace200m jog150m at 5k pace250m jogThis is a continuous session with about 5 to 7 sets executed. Number will depend on group you’re in. Overall distance c5,000m to 7,000m. |

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**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.