

WORTHING AND DISTRICT HARRIERS SUMMER TRAINING PROGRAMME 2008

Tuesday Sessions – Fartlek, Hills and Circuits (18.30 start prompt)

Gallops 'Zig-Zags'

Meet at Worthing Leisure Centre or, for an alternative start, make your own way to the bottom of the zig-zig footpath at the Gallops in Findon Valley to meet the rest of the group at around 18.50. (There is a car park at the bottom of Bost Hill)

From Worthing Leisure Centre, Shaftesbury Avenue, The Boulevard, Durrington Hill, A27, left before the cemetery and up the hill, along footpath to Findon Valley Gallops.

Session – 2 x sets of 3 up and down zig-zag path, plus circuit around field between sets.

Bluebell Wood

Meet at Worthing Leisure Centre or, for an alternative start, make your own way to Cote Street by car (suggested parking in Ivydore Avenue) to meet rest of group at around 18.45.

From Worthing Leisure Centre, Shaftesbury Avenue, The Boulevard, Durrington Lane, left into New Street (at Lamb Pub), right into Ivydore Avenue. At top of Ivydore, left into A27 to the bottom of Cote Street on the north side of A27. Mind the traffic and regroup at the bottom of Cote Street.

Up Cote Street (3 sets of 6 x 60 seconds on/off). Regroup at top of Cote Street and turn left towards Long Furlong, turn sharp left at New Plantation, veer right into Richardsons Wood. Follow track over stiles to Clapham Church, through gates and down path, cross road (take care), through gates towards A27. Over road bridge and across top of Titnore Lane to go up the path towards Highdown. Up and over Highdown, down across football pitches, along Littlehampton Road and The Strand back to the Leisure Centre. (Or, alternative route from Highdown, turn left to head towards David Lloyd, along to Tesco and New Road to return to the bottom of Ivydore Avenue).

Highdown Circuits

Meet at Worthing Leisure Centre or, for an alternative start, meet at Trig Point on top of Highdown Hill. Session consists of 2 x 3 circuits with a light circuit between sets.

Track Session (Light)

Track sessions are designed to give all runners a light training run before the three Wednesday night West Sussex Fun Run League races (Trundle Hill, Roundhill Romp and Highdown Hike). Typically, these sessions consist of 4 x laps warm up, 6 x strides (or other), 4 x 200 metres, sometimes a 'fun' n x 800m relay, warm down and stretching.

Beach Fartlek

From Sports Centre, jog down George V Avenue, then on to beach. Consists of 3 x sets of 6 x 1 minute along beach. Direction East = towards and beyond pier. Direction West = towards Littlehampton. Best to wear old shoes.

Lancing Manor – Circuits/Hills

Meet at the Manor Sports Centre, Lancing (adjacent to A27). This session is a mix of circuits around the Manor Ground and, then, some hill reps behind the allotments at the back of the Sports Centre. Note that the entrance to Lancing Manor Leisure Centre is via Manor Road, first exit at the roundabout when travelling east.

Roger's Farm Hills

Start at the Leisure Centre, Shaftesbury Avenue (or drive to car park at bottom of Bost Hill). Then, up The Boulevard, Durrington Hill, right into A27, across A27, left (just before Durrington Cemetery) and up hill to Findon Valley Gallops. Entire length of gallops, across road (by car park at the bottom of Bost Hill), along footpath to the bottom of the hill. Set consists of figure of eight up hill via the mast, back to starting point via the farm. Number of sets to be determined on the night.

SAQ (new for 2008)

Meet in Highdown Lower car park. This new trial session is for speed and agility. Incorporates hills and speed drills. Should be varied and fun.