

## TWH WEEKLY COACHED SESSIONS

		wc 28 Sept	wc 05 Oct	wc 12 Oct	wc 19 Oct	wc 26 Oct
Monday	<b>Coached Session with Sonja King.</b> (Tonbridge Wells) Available spaces: 5	<b>4-5 x 1000m 90s recoveries</b>  Corner of East Cliff Road and St John's Road, Tunbridge Wells 7.00pm start	<b>200m hard, 200m jog, 400m hard, 90s recovery for 25 minutes</b>  Corner of Riddlesdale Road and East Cliff Road Tunbridge Wells 7.00pm start	<b>Alternating 400m / 800m reps for 25 minutes</b>  Corner of Riddlesdale Road and East Cliff Road Tunbridge Wells 7:00pm start	<b>6-8 x 600m, 90s recoveries</b>  Corner of Coniston Avenue and Culverden Down Tunbridge Wells 7.00pm start	<b>Hills session - Culverden Down 6-8 sets, jog down recovery</b>  Corner of Coniston Avenue and Culverden Down Tunbridge Wells 7:00pm start
	<b>Coached Session with Pru Clements or Sarah Ferns.</b> (Tonbridge) Available spaces: 5	<b>7 - 10 x 600 metre reps 60 - 90 sec recovery</b>  Shakespeare Road, Tonbridge 7.00 pm start	<b>Alternating 700/300 metre reps 4-5 sets 60 - 90 sec recovery</b>  Shakespeare Road, Tonbridge 7.00pm start	<b>Hills Session - various in South Tonbridge 25 minutes Jog down recoveries</b>  Shakespeare Road, Tonbridge 7.00pm start	<b>4 - 5 x 1000 metre reps 60 - 90 sec recovery</b>  Shakespeare Road, Tonbridge 7.00pm start	<b>1 - 2 x 1000m, 90s recovery 4 - 5 x 600m, 60 - 90s recovery</b>  Shakespeare Road, Tonbridge 7.00pm start
Tuesday	<b>Coached Session with John Law</b> (Tonbridge Wells) Available spaces: 5	<b>3 - 4 x 1 mile @ threshold 2 min recoveries</b>  Fairmile Rd, Tunbridge Wells 7.00pm start	<b>10 x 60s hill reps. Jog down recoveries</b>  Nevill Park, Tunbridge Wells 7.00pm start	<b>10x 200m fast/200m steady</b>  Fairmile Road, Tunbridge Wells 7.00pm start	<b>4x 6 minute continuous hills (2 mins recoveries)</b>  Nevill Park, Tunbridge Wells. 7.00pm start	<b>3 - 4 x 1 mile @ threshold 2 min recoveries</b>  Fairmile Rd, Tunbridge Wells 7.00pm start
	<b>Speed with Bob Lawrence &amp; Mike Jarvis</b> (Tonbridge) Available spaces: 5	<b>Rolling 200's for 25 - 30 minutes 200m walk back recoveries</b>  Wheatsheaf Way, Tonbridge 7.00pm start	<b>8x 600m Walk back recoveries</b>  Wheatsheaf Way, Tonbridge 7.00pm start	<b>10-12 x 400m Walk back recoveries</b>  Wheatsheaf Way, Tonbridge 7.00pm start	<b>5x 1k 2min recoveries</b>  Wheatsheaf Way, Tonbridge 7.00pm start	<b>6-8 x 200m/400m 200m walk back recoveries</b>  Wheatsheaf Way, Tonbridge 7.00pm start
Thursday	<b>Coached Session with David Barker</b> (Tonbridge Wells) Available spaces: 5	<b>Pyramid 0.50, 0.75, 1.00, 0.75, 0.50 2 min recoveries</b>  Newlands Way, Tunbridge Wells, 6:30pm start	<b>3 x 8min reps, jog back recovery</b>  Newlands Way, Tunbridge Wells, 6:30pm start	<b>Hills Session - Mixed short and longer reps.</b>  All Saints Rise, Tunbridge Wells. 6:30pm start	<b>4 x Figure eights, 2 min recovery</b>  Newlands Way, Tunbridge Wells, 6:30pm start	<b>Pyramid 0.50, 0.75, 1.00, 0.75, 0.50 2 min recoveries</b>  Newlands Way, Tunbridge Wells, 6:30pm start

### Notes on booking a session:

1. Sessions are booked on a first come, first served basis
2. You can book as many sessions per week as you wish however, we recommend no more than 2 to allow for recovery and injury prevention
3. An email will be sent weekly on Wednesday with the link to the booking form for the following week's sessions
4. All applicants will be contacted via email by the session lead coach to advise if they have been successful or are on the reserve list
5. If a session is undersubscribed, an email will be circulated on Saturday detailing any remaining places available
6. Bookings can only be made via the booking form for purposes of Track & Trace