

Junior Silson Training: January – April 2017

Tuesday Evening Training 6:15pm to 7:30pm – Sponne School Towcester

Wednesday Evening Training 6:30pm – Silverstone Circuit (please arrive by 6.20pm to allow a PROMPT start)

Dates in **Blue** are Tuesdays, Dates in **Green** are Wednesdays, Dates in **Red** are Fridays, Dates in **Yellow** are Saturdays,

Date	Training Session	Location	Coach/Leader(s)
January 2017			
Saturday 7 th January	Northants County XC Champs	Abington Park, Northampton	n/a
Tues 10 th January	Carpark laps + Agility	Sponne School Towcester	Tasha
Wed 11 th January	Long Run + Agility	Silverstone Circuit	Julie Long
Saturday 14 th January	Chiltern League XC Race 4	Keysoe	n/a
Tues 17 th January	Sports Hall Athletics	Sponne School Towcester	Tasha/David
Wed 18 th January	Hills in car park	Silverstone Circuit	David Morley
Tues 24 th January	Hill reps	Sponne School Towcester	Tasha/David
Wed 25 th January	30 secs efforts with 90 secs recovery, 2 sets of 6	Silverstone Circuit	David Coates
Saturday 28 th January	Midlands XC Champs	Prestwold Hall, Loughborough	n/a
Tues 31 st January	Obstacles + Agility	Sponne School Towcester	Tasha/David
February 2017			
Wed 1 st February	Long Run & Relays	Silverstone Circuit	Julie Long
Saturday 4 th February	Junior Cup/Shield	TBC	n/a
Tues 7 th February	Sports Hall Athletics	Sponne School Towcester	Tasha/David
Wed 8 th February	Pyramid Session	Silverstone Circuit	Tasha
Saturday 11 th February	Chiltern League XC Race 5	Campbell Park, Milton Keynes	n/a
Tues 14 th February	Half-term	No Junior training	n/a
Wed 15 th February	Half-term	No Junior training	n/a
Tues 21 st February	Carpark laps + Balance	Sponne School Towcester	Tasha
Wed 22 nd February	Flying 30's	Silverstone Circuit	David Coates
Tues 28 th February	Indoor Circuits + Co-ordination	Sponne School Towcester	Tasha/David

March 2017			
Wed 1 st March	Indian File	Silverstone Circuit	Tasha
Saturday 4 th March	Junior Cup/Shield	TBC	n/a
Tues 7 th March	Long Run + Co-ordination	Sponne School Towcester	Tasha/David
Wed 8 th March	Relays	Silverstone Circuit	Bob Kellam
Tues 14 th March	Sports Hall Athletics	Sponne School Towcester	Tasha/David
Wed 15 th March	Hare & Hounds	Silverstone Circuit	Tasha King
Tues 21 st March	Hills + Co-ordination	Sponne School Towcester	Tasha/David
Wed 22 nd March	Pyramid Session	Silverstone Circuit	Gemma Hinton
Tues 28 th March	Carpark Flying 30's	Sponne School Towcester	Tasha/David
Wed 29 th March	Hill reps	Silverstone Circuit	Julie Long
April 2017			
Tues 4 th April	Easter Holidays	No Junior training	n/a
Wed 5 th April	Easter Holidays	No Junior training	n/a
Tues 11 th April	Easter Holidays	No Junior training	n/a
Wed 12 th April	Easter Holidays	No Junior training	n/a
Friday 21 st April	Familiarisation and 10 mins timed run Y3-6 & Y6-8	Stowe School Athletics Track	Gemma Hinton & Tasha King
Friday 28 th April	Record 1km time-trial Y3-6 & Y6-8	Stowe School Athletics Track	Julie Long & David Morley
Tuesday 2 nd May	Silverstone 10k	Silverstone Circuit	n/a