

Senior Silson Training: January - April 2017

Wednesday Evening Training 6.30pm (please arrive by 6.20pm to allow a PROMPT start)

Sunday Morning Training 8.30am (please arrive by 8.20am for a PROMPT start)

Dates in **Green** are Wednesdays, Dates in **Red** are Fridays, Dates in **Yellow** are Saturdays, Dates in **Grey** are Sundays,

Date	Group	Training Session	Location	Coach/Leader(s)
January 2017				
Wed 4 th January	1	1ml Reps - Dadford Road	Circuit/Car park/Dadford Rd	Julie Long
	2	Aerobic Pyramid session	Circuit/Car park	Bob Kellam
Saturday 7 th January	ALL	Northants County XC Champs	Abington Park, Northampton	n/a
Sun 8 th January		Sunday Long Run	Silverstone Infants School	
Wed 11 th January	1 & 2 together	Steady pre-XC run/Fartlek – finish with strides	Silverstone Village run plus car-park strides	Brian Keers/Adrian Jelley/Stewart Shears
Saturday 14 th January	ALL	Chiltern XC Race 4	Keysoe	n/a
Sun 15 th January		Sunday Long Run	Syresham	Simon Woodward
Wed 18 th January	1	Hills	Winter Hills	Adrian Jelley
	2	Sprints	Circuit/Car park	David Coates
Sun 22 nd January		Sunday Long Run	Towcester?	Brian Keers
Wed 25 th January	1 & 2 together	Winter Cup 1.6mls	Circuit/Car park/Dadford Rd	Brian Keers
Saturday 28 th January	ALL	Midland XC Champs	Prestwold Hall, Loughborough	n/a
Sun 29 th January		Sunday Long Run	Woodford Halse	Claire Todd
February 2017				
Wed 1 st February	1	Sprints	Circuit/Car park	Jim Darcy
	2	1km Reps – Dadford Road	Circuit/Car park/Dadford Rd	Paul Holmes
Sun 5 th February		Sunday Long Run	Syresham	Lorna Spenceley
Wed 8 th February	1 & 2 together	Steady pre-XC run/Fartlek – finish with strides	Silverstone Village run plus car-park strides	Stewart Shears/Jim Darcy
Saturday 11 th	ALL	Chiltern XC Race 5	Campbell Park, Milton Keynes	n/a

February				
Sun 12 th February		Sunday Long Run	Bugbrooke	Jelley's
Wed 15th February	1	1km Reps – Dadford Road	Circuit/Car park/Dadford Rd	Stewart Shears
	2	Hills	Winter Hills	Brian Keers
Sun 19 th February		Sunday Long Run	Sulgrave	Greg Ball
Wed 22nd February	1 & 2 together	Winter Cup 2.5mls	Circuit/Car park/Dadford Rd	Brian Keers/Jim Darcy
Saturday 25th February	ALL	English National XC Champs	Wollaton Park	n/a
Sun 26 th February		Sunday Long Run	Eastcote	Grace Rogers
March 2017				
Wed 1st March	1	Hills	Winter Hills	Stewart Shears
	2	400m reps	Circuit/Car park	Paul Holmes
Sun 5 th March		Sunday Long Run	Paulerspury	David Morley
Wed 8th March	1 & 2 together	Relays	Circuit/Car park	David Morley
Saturday 11th March	ALL	Inter Counties XC	Loughborough	n/a
Sun 12 th March		Sunday Long Run	Deanshanger	Spencer's
Wed 15th March	1	Sprints	Circuit/Car park	Jim Darcy
	2	Aerobic Pyramid session	Circuit/Car park	Julie Long
Sun 19 th March		Sunday Long Run	Sulgrave	Greg Ball
Wed 22nd March	1 & 2 together	Winter Cup 5k	Circuit/Car park/Dadford Rd	Brian Keers/Jim Darcy
Sun 26 th March		Sunday Long Run	Bugbrooke	Jelley's
Wed 29th March	1	Aerobic Pyramid session	Circuit/Car park	Bob Kellam
	2	Hills	Winter Hills	Paul Holmes
April 2017				
Sun 2 nd April		Sunday Long Run	Whittlebury	Richard Popiel

Wed 5 th April	1 & 2 together	Follow my Leader (Easter hols)	Circuit/Car park	David Morley/David Coates
Sun 9 th April		Sunday Long Run	Silverstone Infants School	
Wed 12 th April	1	1ml Reps - Dadford Road	Circuit/Car park/Dadford Rd	Julie Long
	2	Sprints	Circuit/Car park	Bob Kellam
Sun 16 th April		Sunday Long Run	Gawcott	Bob Kellam
Wed 19 th April	1 & 2 together	Relays	Circuit/Car park	Tasha King/Julie Long
Friday 21 st April	Seniors	Drills + Pyramids (distance)	Stowe School Athletics Track	Stewart Shears
Sun 23 rd April		Sunday Long Run	Silverstone Infants School	
Wed 26 th April	1 & 2 together	Winter Cup 10k	Buckingham parkrun course x 2	Brian Keers/Jim Darcy/Julie Long
Friday 28 th April	Seniors	10 x 400m (3 mins recovery)	Stowe School Athletics Track	Brian Keers
Sun 30 th April		Sunday Long Run	Silverstone Infants School	
Tuesday 2 nd May	ALL	Silverstone 10k	Silverstone Circuit	n/a

AF – Andy Field, AJ – Adrian Jelley, BHK – Brian Keers, BK – Bob Kellam, CO'R – Claire O'Reilly, CT - Claire Todd, DGC – David Coates, DM – David Morley, DT – Dan Taylor, GH – Gemma Hinton, JD – Jim Darcy, JH – Juliet Hanson, JL - Julie Long, NK – Natasha King, PH – Paul Holmes, SS - Stewart Shears