

Junior Silson Training: January – April 2019

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	Drills	Training Session	Location
January 2018			
Saturday 5 th January	All Silson	Northants County XC Champs	Abthorpe
Tues 8 th January	Agility	Carpark laps	Sponne School Towcester
Wed 9 th January	Agility/Upright posture	Long Run	Silverstone Circuit
Saturday 12 th January		Chiltern League XC Race 4	Keysoe
Tues 15 th January	Agility/Balance/Co-ordination	Sports Hall Athletics	Sponne School Towcester
Wed 16 th January	Triple extension of arms & legs	Hills in car park	Silverstone Circuit
Tues 22 nd January	Co-ordination	Hill reps	Sponne School Towcester
Wed 23 rd January	Time Trial	1.5 miles	Silverstone Circuit
Saturday 26 th January		Midlands XC Champs	Newbold Comyn Leamington
Tues 29 th January	Arm Triple extension	Carpark relays	Sponne School Towcester
Wed 30 th January	Upright posture	Long Run & Relays	Silverstone Circuit
February 2018			
Saturday 2 nd February		Junior Cup/Shield	Hazelborough nr Force India
Tues 5 th February	Agility/Balance/Co-ordination	Sports Hall Athletics	Sponne School Towcester
Wed 6 th February	Balance/Pacing	Pyramid Session	Silverstone Circuit
Saturday 9 th February		Chiltern League XC Race 5	Campbell Park, Milton Keynes
Tues 12 th February	Balance/Upright posture	Carpark laps	Sponne School Towcester
Wed 13 th February	Time Trial	2 miles	Silverstone Circuit
Tues 19 th February		Half Term	No Training
Wed 20 th February		Half Term	No Training
Tues 26 th February	Co-ordination	Indoor Circuits	Sponne School Towcester
Wed 27 th February	Pacing	Follow my Leader	Silverstone Circuit

March 2018			
Tues 5 th March	Agility/Upright posture	Long Run	Sponne School Towcester
Wed 6 th March	Co-ordination/Arms for sprinting	Relays	Silverstone Circuit
Saturday 9 th March		Junior Cup/Shield	TBC
Tues 12 th March	Agility/Balance/Co-ordination	Sports Hall Athletics	Sponne School Towcester
Wed 13 th March	Pacing	Hare & Hounds	Silverstone Circuit
Tues 19 th March	Triple extension of arms & legs	Hills	Sponne School Towcester
Wed 20 st March	Time Trial	2 miles	Silverstone Circuit
Tues 26 th March	Sprint starts/Arms for sprinting	Timed runs	Sponne School
Wed 27 th March	Sprint starts/Arms for sprinting	Sprints and relays	Silverstone Circuit
April 2018			
Tues 2 nd April	Balance/Upright posture	Carpark laps	Sponne School
Wed 3 th April	Arms for sprinting/Sprint starts	Flying 30's	Silverstone Circuit
Tues 9 th April		Easter Holidays	No Junior training
Wed 10 th April		Easter Holidays	No Junior training
Friday 12 th April		Easter Holidays	No Junior training
Friday 19 th April		Easter Holidays	No Junior training
Friday 26 th April	Familiarity with track	Sprints and relays	Stowe School Athletics Track