

## Senior Silson Training: January - April 2019

**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	Drills	Training Session	Location
<b>Wed 2nd January</b>	<b>1</b>	<b>Upright posture</b>	<b>1ml Reps - Dadford Road</b>	<b>Circuit/Dadford Rd</b>
	2	Upright posture	Aerobic Pyramid session	Circuit/Carpark
<b>Saturday 5<sup>th</sup> January</b>	ALL	SILSON	Northants County XC Champs	ABTHORPE
Sun 6 <sup>th</sup> January			<b>Sunday Long Run</b>	
<b>Wed 9th January</b>	<b>1 &amp; 2</b>	Pacing	Steady pre-XC Fartlek – finish strides	Silverstone Village plus strides
<b>Saturday 12<sup>th</sup> Jan</b>	ALL		Chiltern XC Race 4	Keysoe
Sun 13 <sup>th</sup> January			<b>Sunday Long Run</b>	
<b>Wed 16<sup>th</sup> January</b>	<b>1 &amp; 2</b>	Time Trial	2 mile time trial	Silverstone track
Sun 20 <sup>st</sup> January			<b>Sunday Long Run</b>	
<b>Wed 23rd January</b>	<b>1 &amp; 2</b>	Winter Cup	1.6 miles	Dadford Rd
<b>Saturday 26<sup>th</sup> Jan</b>	ALL		Midland XC Champs	Newbold Comyn Leamington
Sun 28 <sup>th</sup> January			<b>Sunday Long Run</b>	
<b>Wed 30th January</b>	1	Triple extension: arm & legs	Hills	Winter Hills
	2	Pacing	400m reps	Circuit carpark
<b>Sun 3rd February</b>			<b>Sunday Long Run</b>	
<b>Wed 6<sup>th</sup> February</b>	<b>1 &amp; 2</b>	Upright posture	Steady pre-XC Fartlek – finish strides	Silverstone Village plus strides
<b>Saturday 9<sup>th</sup> Feb</b>	ALL		Chiltern XC Race 5	Milton Keynes
Sun 10 <sup>th</sup> February			<b>Sunday Long Run</b>	
<b>Wed 13<sup>th</sup> February</b>	<b>1 &amp; 2</b>	Winter Cup	2.5 miles	Dadford Rd
Sun 17 <sup>th</sup> February			<b>Sunday Long Run</b>	
<b>Wed 20th February</b>	1 & 2	Time Trial	3 Miles	Dadford Rd
<b>Saturday 23rd Feb</b>	ALL		English National XC Champs	Harewood House Leeds
Sun 24 <sup>th</sup> February			<b>Sunday Long Run</b>	

Wed 27 <sup>th</sup> February	1	Pacing	Aerobic Pyramid Session	Circuit/Carpark
	2	Triple extension: arms & legs	Hills	Winter Hills
<b>Sun 3rd March</b>			<b>Sunday Long Run</b>	
Wed 6 <sup>th</sup> March	1	Co-ordination	Relays	Circuit/Carpark
	2	Pacing	Aerobic pyramid session	Circuit/Carpark
Sun 10 <sup>th</sup> March			<b>Sunday Long Run</b>	
Wed 13 <sup>th</sup> March	1	Coordination	Relays	Track
Sun 17 <sup>th</sup> March			<b>Sunday Long Run</b>	
Wed 20 <sup>th</sup> March	<b>1 &amp; 2</b>	n/a	Winter Cup 5k	Circuit/Carpark/Dadford Rd
Sun 24 <sup>th</sup> March			<b>Sunday Long Run</b>	
Wed 27 <sup>th</sup> March	1	Pacing	Aerobic Pyramid session	Circuit/Carpark
	2	Upright posture	1ml Reps – Dadford Road	Circuit/Dadford Rd
<b>Sun 31<sup>st</sup> March</b>			<b>Sunday Long Run</b>	
Wed 3 <sup>th</sup> April	<b>1 &amp; 2</b>	Pacing	Follow my Leader (Easter hols)	Circuit/Car park
Sun 7 <sup>th</sup> April			<b>Sunday Long Run</b>	
Wed 10 <sup>th</sup> April	1	Upright posture	1ml Reps - Dadford Road (Easter)	Circuit/Car park/Dadford Rd
	2	Arms for sprinting/sprint starts	Sprints	Circuit/Car park
Friday 12 <sup>th</sup> April	Seniors	Agility	Pyramids (timed)	Stowe School Athletics Track
Sun 14 <sup>th</sup> April			<b>Sunday Long Run</b>	Silverstone Infants School
Wed 17 <sup>th</sup> April	<b>1 &amp; 2</b>	n/a	Winter Cup 10k	Buckingham parkrun course x 2
Sun 21 <sup>nd</sup> April		EASTER SUNDAY		
Friday 26 <sup>th</sup> April	Seniors	Co-ordination	10 x 400m (2 mins recovery)	Stowe School Athletics Track
Sun 28 <sup>th</sup> April			<b>Sunday Long Run</b>	Silverstone Infants School