

**Silson Training schedule End-April – August 2019**

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

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

Dates in **Blue** are Wednesdays, Dates in **Green** are Fridays,

Date	Group	Drills	Training Session	Location
<b>April 2019</b>				
<b>Friday 26<sup>th</sup> April</b>	Seniors	Co-ordination	10 x 90 secs (2 mins recovery)	Stowe School Athletics Track
	Juniors/Young Athletes	Pacing	Record Breakers 600m + 1k	Stowe School Athletics Track
<b>May 2019</b>				
<b>Friday 3<sup>rd</sup> May</b>	Seniors	Arms for sprinting	Record Breakers 2 miles and 3k	Stowe School Athletics Track
	Juniors/Young Athletes	Coordination	Follow my Leader (joint groups)	Stowe School Athletics Track
<b>Friday 10<sup>th</sup> May</b>	Seniors	Upright posture	Pyramid Session 30s, 1m, 2m,3m,4m, 5m, 4m,3m,2m,1m,30s (Recovery=HALF TIME of effort)	Stowe School Athletics Track
	Juniors/Young Athletes	Standing sprint starts & acceleration	Flying 50's Y3-6 & Y6-8	Stowe School Athletics Track
<b>Friday 17<sup>th</sup> May</b>	Seniors	N/A	***No Senior training as same night as Blisworth 5 (NRRL)***	Blisworth
	Juniors/Young Athletes	Upright posture	Record 1 mile time-trial + Relays Y3-6 & Y6-8	Stowe School Athletics Track
<b>Friday 24<sup>th</sup> May</b>	Seniors	Standing sprint starts & acceleration	Flying 50's (split into 4 groups)	Stowe School Athletics Track
	Juniors/Young Athletes	Agility, Balance, Coordination	Quadkids (joint groups)	Stowe School Athletics Track
<b>Friday 31<sup>st</sup> May</b>	Seniors	Upright posture	Record 5k time-trial	Stowe School Athletics Track
	Juniors/Young Athletes		***Half-term***	No session
<b>June 2019</b>				
<b>Friday 7<sup>th</sup> June</b>	Seniors	Balance	5:00/4:00/3:00/2:00/1:00 mins x 2 with increasing pace	Stowe School Athletics Track
	Juniors/Young Athletes	Upright posture	Record 2km time-trial + Short Pyramid (joint groups)	Stowe School Athletics Track

Friday 14 <sup>th</sup> June	Seniors	Coordination	Follow my Leader (3 x 12 mins)	Stowe School Athletics Track
	Juniors/Young Athletes	Arms for sprinting	Flying 50's Y3-6 & Y6-8	Stowe School Athletics Track
Friday 21 <sup>st</sup> June	Seniors	Upright posture	Record 2 mile time-trial + Sprint Relays	Stowe School Athletics Track
	Juniors/Young Athletes	Agility, Balance, Coordination	Quadkids (joint groups)	Stowe School Athletics Track
Friday 28 <sup>th</sup> June	Seniors		Inter-Club Friendly Games with BSRC	Stowe School Athletics Track
	Juniors/Young Athletes		Inter-Club Friendly Games with BSRC	Stowe School Athletics Track
<b>July 2019</b>				
Friday 5 <sup>th</sup> July*	Seniors	Standing sprint starts & acceleration	5 minute efforts x6 with 2 minute recovery	Stowe School Athletics Track
	Juniors/Young Athletes	Standing sprint starts & acceleration	Quad Kids	Stowe School Athletics Track
***Thursday 11 <sup>th</sup> July*** (Grand Prix)	Seniors	Pacing	Record 1500m time-trial	Stowe School Athletics Track
	Juniors/Young Athletes	Agility	Pyramid Session 30s, 1m, 2m,3m,4m,3m,2m,1m,30s (Recovery=HALF TIME of effort)	Stowe School Athletics Track
Friday 19 <sup>th</sup> July	Seniors	Arms for sprinting	300m efforts with 100 recovery 8 minutes x 3 with 3 minute recovery	Stowe School Athletics Track
	Juniors/Young Athletes	Upright posture	Record 1,500m time-trial + Relays Y3-6 & Y6-8	Stowe School Athletics Track
<b>August 2019</b>				
Wed 24 <sup>th</sup> July	Seniors only	Upright posture	300m Pond Reps	Belle Baulk Towcester
Wed 31 <sup>st</sup> July	Seniors only	Hill running	Hills	Winter Hills
Wed 7 <sup>th</sup> August	Seniors only	Standing sprint starts	900m Reps	Towcester Water Meadow
Wed 14 <sup>th</sup> August	Seniors only	Upright posture	Sprints	Bucknell Woods
Wed 21 <sup>st</sup> August	Seniors only	Use of arms	400m reps	New Estate – Opp racecourse

Andy Field, Adrian Jelley, Brian Keers, David Coates, David Morley, Emma King, Eleanor Rees, Gemma Hinton, Jim Darcy, Julie Long, Millie Rees, Stewart Shears, Tom Watson, Toby Heley, Steph Spencer, James Spencer, Tracey Harris