

Junior Silson Training: January – April 2020

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)

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

Date	Training Session	Location
Saturday 4th January Northants County XC Champs, Croyland Park, Wellingborough.		
Tues 7 th January	Carpark laps	Sponne School Towcester
Wed 8 th January	Long Run	Silverstone Circuit
Saturday 11th January, Chiltern League XC Race 4, Keysoe.		
Tues 14 th January	Sports Hall Athletics	Sponne School Towcester
Wed 15 th January	6 x 3 mins jog, effort, jog, effort on 400m loop	Silverstone Circuit
Tues 21 st January	Hill reps	Sponne School Towcester
Wed 22 nd January	Junior Winter Cup - 800m	Silverstone Circuit
Saturday 25th January, Midlands XC Champs, Prestwold Hall, Loughborough.		
Tues 28 th January	Carpark relays	Sponne School Towcester
Wed 29 th January	Pyramid session	Silverstone Circuit
Tues 4 th February	Sports Hall Athletics	Sponne School Towcester
Wed 5 th February	Long run + Relays	Silverstone Circuit
Saturday 8th February, Chiltern League XC Race 5, Campbell Park, Milton Keynes.		
Tues 11 th February	Carpark laps	Sponne School Towcester
Wed 12 th February	Junior Winter Cup - 1600m	Silverstone Circuit
Tues 18th February	Half Term	No Junior Training
Wed 19th February		
Saturday 22nd February, English National XC Champs, Wollaton Park, Nottingham		
Tues 25 th February	Indoor Circuits	Sponne School Towcester
Wed 26 th February	Follow my Leader	Silverstone Circuit
Tues 3 rd March	Long Run	Sponne School Towcester
Wed 4 th March	Relays	Silverstone Circuit
Saturday 7th March, Intercounty XC, Prestwold Hall, Loughborough		
Tues 10 th March	Sports Hall Athletics	Sponne School Towcester
Wed 11 st March	Hare & Hounds	Silverstone Circuit
Tues 17 th March	Hills	Sponne School Towcester
Wed 18 th March	Junior Winter Cup - 2400m	Silverstone Circuit
Tues 24 th March	Timed runs	Sponne School
Wed 25 th March	2 x 3 x 400m	Silverstone Circuit
Tues 31 st March	Carpark laps	Sponne School
Wed 1 st April	Junior Winter Cup - 3200m	Silverstone Circuit

Tues 7th April	Easter Holidays	No Junior training
Wed 8th April		
Tues 14th April		
Wed 15th April		
Friday 24 th April	Sprints and relays	Stowe School Athletics Track