

## Senior Silson Training: January - April 2020

**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)**

Date	Group	Training Session	Location
<b>Saturday 4<sup>th</sup> Jan, Northants County XC Champs, Croyland Park, Wellingborough</b>			
Wed 8 <sup>th</sup> January	<b>1 &amp; 2</b>	Steady pre-XC Fartlek – finish strides	Silverstone Village plus strides
<b>Saturday 11<sup>th</sup> Jan, Chiltern XC Race 4, Keysoe, Bedford</b>			
Wed 15 <sup>th</sup> January	<b>1 &amp; 2</b>	5 x 800m	Silverstone Circuit
Wed 22 <sup>nd</sup> January	<b>1 &amp; 2</b>	Winter Cup - 1.6 miles	Dadford Rd
<b>Saturday 25<sup>th</sup> Jan, Midland XC Champs, Prestwold Hall, Loughborough</b>			
Wed 29 <sup>th</sup> January	1	Hills	Winter Hills
	2	300m reps 2 sets of 5	Circuit carpark
Wed 5 <sup>th</sup> February	<b>1 &amp; 2</b>	Steady pre-XC Fartlek – finish strides	Silverstone Village plus strides
<b>Saturday 8<sup>th</sup> Feb, Chiltern XC Race 5, Milton Keynes</b>			
Wed 12 <sup>th</sup> February	<b>1 &amp; 2</b>	Winter Cup - 2.5 miles	Dadford road
Wed 19 <sup>th</sup> February	<b>1 &amp; 2</b>	3 x 1 mile (Feb ½ Term)	Silverstone Circuit
<b>Saturday 22<sup>nd</sup> Feb, English National XC Champs, Wollaton Park, Nottingham</b>			
Wed 26 <sup>th</sup> February	1	Aerobic Pyramid Session	Silverstone Circuit / carpark
	2	Hills	Winter Hills
Wed 4 <sup>th</sup> March	1	Hills	Winter Hills
	2	Aerobic pyramid session	Silverstone Circuit / Carpark
<b>Sat 7<sup>th</sup> March, Intercounty XC, Prestwold Hall, Loughborough</b>			
Wed 11 <sup>th</sup> March	<b>1 &amp; 2</b>	6 x 800m	Silverstone Circuit
Wed 18 <sup>th</sup> March	<b>1 &amp; 2</b>	Winter Cup - 5k	Carpark/Dadford Rd
Wed 25 <sup>th</sup> March	1	Aerobic Pyramid session	Silverstone Circuit /Carpark
	2	1ml Reps – Dadford Road	Silverstone Circuit /Dadford Rd
Wed 1 <sup>st</sup> April	<b>1 &amp; 2</b>	Follow my Leader	Silverstone Circuit /Car park
Wed 8 <sup>th</sup> April	<b>1 &amp; 2</b>	1ml Reps (Easter hols)	Carpark /Dadford Rd
Wed 15 <sup>th</sup> April	<b>1 &amp; 2</b>	2 x 5 x 400/300m (Easter hols)	Carpark / Dadford Rd
Wed 22 <sup>nd</sup> April	<b>1 &amp; 2</b>	Winter Cup - 10k	Buckingham parkrun course x 2
Friday 24 <sup>th</sup> April	<b>1 &amp; 2</b>	Follow my Leader	Stowe School Athletics Track