

Silson Senior, Young Athlete & Juniors (runners over the age of 12) Wednesday Training:

September – December 2020

Wednesday evening training 6.30pm (please arrive by 6.20pm)

Sunday morning training 8.30am (please arrive by 8.20am)

Date	Group	Training Session	Location
Wed 9 th September	1	Fartlek run	Silverstone Village run + Winter hills loop
	2	Fartlek run	Hazelborough Woods
Sun 13 th September - Sunday Long Run			
Wed 16 th September	1	800m Efforts (x5)	Dadford Road to Club corner roundabout
	2	400m Efforts (x4 x2)	Towcester Watermeadows
Sun 20 th September - Sunday Long Run			
Wed 23 rd September	1	400m Efforts (x5 x2)	Towcester new estate opposite racecourse
	2	Hills	Winter Hills
Sun 27 th September - Sunday Long Run			
Wed 30 th September	1	Hills	Winter Hills
	2	800m efforts (x4)	Dadford Road to Club corner roundabout
Sun 6 th October - Sunday Long Run			
Wed 7 th October	1 & 2	Autumn Challenge – 2.4km/1.5 miles (Juniors 0.8km/ ½ mile)	Circuit/Dadford Road
Sun 11 th October - Sunday Long Run			
Wed 14 th October	1	200m x5 x 3	Circuit/Car-park
	2	Follow my Leader	Circuit/Car-park
Sun 18 th October - Sunday Long Run			
Wed 21 st October	1	Follow my Leader	Circuit/Car-park
	2	Sprints (100m x 10)	Circuit/Dadford Road
Sun 25 th October – Sunday Long Run			
Wed 28 th October	1	Pyramid session (1,2,3,4,5,4,3,2,1 mins efforts)	Circuit/Car-park
	2	1k Reps x4	Circuit/Dadford Road
Sun 1 st November - Sunday Long Run			

Wed 4 th November	1 & 2	Autumn Challenge 4km/2.5 Mile Time Trial (Juniors 1.6km/ 1 mile) or Steady pre-XC run/Fartlek – finish with strides	Circuit/Dadford Road
Saturday 7th November – Possible Chiltern League 1			
Sun 8 th November - Sunday Long Run			
Wed 11 th November	1	1ml Reps x 5	Circuit/Dadford Road
	2	Follow my Leader	Circuit/Car-park
Sun 15 th November - Sunday Long Run			
Wed 18 th November	1	10 x 1min (< 5k pace) effort followed by 75 sec jog recovery	Circuit/Carpark
	2	Flying 50's	Circuit/Carpark
Sun 22 th November - Sunday Long Run			
Wed 25 th November	1	800m efforts (x5)	Circuit/Dadford Road
	2	Hills	Winter Hills
Sun 29 th November - Sunday Long Run			
Wed 2 nd December	1 & 2	Autumn Challenge 5km/3.1 Mile Time Trial (Juniors 2.4km/ 1½ mile) or Steady pre-XC run/Fartlek – finish with strides	Circuit/Dadford Road
Saturday 5th December – Possible Chiltern League 2			
Sun 6 th December - Sunday Long Run			
Wed 9 th December	1	Hills	Winter Hills
	2	Pyramid session	Circuit/Car Park
Sun 13 th December - Sunday Long Run			
Wed 16 th December	1 & 2	Christmas Special	Circuit/Car-park
Sun 20 th December - Sunday Long Run			
Wed 30 th December	All	Mince Pie Run	Everdon Stubbs