

Silson Training schedule End-April – August 2021

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

Wednesday 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	Training Session	Location
April 2020			
Friday 23rd April	Seniors 1	8 x 400m (1 min recovery)	Stowe School Athletics Track
	Seniors 2 + U14's	8 x 300m (1 min recovery)	Stowe School Athletics Track
Wed 28th April	TBC	TBC	TBC
Friday 30th April	Seniors 1 & 2	4 x 5min 200m effort + 200m recovery (3 min recovery between efforts)	Stowe School Athletics Track
May 2020			
Wed 5th May	TBC	TBC	TBC
Friday 7th May	Seniors 1 & 2	Record 2 mile time-trial + relays 800/1500m for juniors	Stowe School Athletics Track
Wed 12th May	TBC	TBC	TBC
Friday 14th May	Seniors 1 & 2	5 minute efforts @ 5k+ pace x 4 with 3 minute jog recovery	Stowe School Athletics Track
Wed 19th May	TBC	TBC	TBC
Friday 21st May	Seniors	5:00/4:00/3:00/2:00/1:00 mins x 2 Jog recovery 120s/100s/80s/60s with 3 mins between sets	Stowe School Athletics Track
Wed 26th May	TBC	TBC	TBC
Friday 28th May	Seniors 1	3 x 5 mins 400m effort with 200m recovery (3 mins recovery between efforts)	Stowe School Athletics Track
	Seniors 2 + U14's	Flying 50's	

June 2020			
Wed 2 nd June	TBC	TBC	TBC
Friday 4 th June	Seniors	***No training as same night as Blisworth 5 (NRRL/EMGP)*** or 300m efforts with 100 recovery 8 minutes x 3 with 3 minute recovery	Blisworth / Stowe School Athletics Track
	Juniors/Young Athletes	***Half-term***	
Wed 9 th June	TBC	TBC	TBC
Friday 11 th June	Seniors 1 & 2	10 x 90s (2 mins recovery)	Stowe School Athletics Track
Wed 16 th June	TBC	TBC	TBC
Friday 18 th June	Seniors 1 & 2	Pyramid Session 30s, 1m, 2m,3m,4m, 5m, 4m,3m,2m,1m,30s (Recovery=HALF TIME of effort)	Stowe School Athletics Track
Wed 23 rd June	TBC	TBC	TBC
Friday 25 th June	Seniors 1 & 2	5 minute efforts x 5 with 2 minute jog recovery	Stowe School Athletics Track
Wed 31 st June	TBC	TBC	TBC
July 2020			
Friday 2 nd July	Seniors 1 & 2	60s efforts x 4 x 4 sets. Recovery 1min jog with 2 mins rest between sets	Stowe School Athletics Track
Wed 7 th July	TBC	TBC	TBC
Friday 9 th July	Seniors 1 & 2	Record 3 mile time-trial + relays 1500m for Juniors	Stowe School Athletics Track
Wed 14 th July	TBC	TBC	TBC
Thurs 15 th July (Grand Prix weekend @ Silverstone)	Seniors 1 & 2 (last session summer session at Stowe)	5 minute efforts @ 5k+ pace x 4 with 3 minute jog recovery	Stowe School Athletics Track
Wed 21 st July	TBC	TBC	TBC
Fri 23 rd July	Seniors only	Chip Shop Challenge	The Mount, Towcester
Wed 28 th July	Seniors only	900m reps x 3 x 2	Towcester Water Meadow

August 2020			
Wed 4 th August	Seniors only	Hills	Winter Hills
Wed 11 th August	Seniors only	Sprints	Bucknell Woods
Wed 18 th August	Seniors only	Downhill running technique	Stowe
Wed 25 th August	Seniors only	400m reps x 10	Watermeadow carpark, Towcester
Wed 1 st September	Seniors only	900m reps x 3 x 2	Towcester Water Meadow