

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

September – December 2023

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 6 <sup>th</sup> September	1	800m efforts	Towcester Watermeadows
	2 + Juniors	800m efforts	Towcester Watermeadows
Sun 10 <sup>th</sup> September - Sunday Long Run			
Wed 13 <sup>th</sup> September	1	1.25km efforts x5	Towcester Watermeadows
	2 + Juniors	1.25km efforts x 4	Towcester Watermeadows
Sun 17 <sup>th</sup> September - Sunday Long Run			
Wed 20 <sup>th</sup> September	1	Fartlek run	Winter Hills
	2 + Juniors	Hills	Winter Hills
Sun 24 <sup>th</sup> September - Sunday Long Run			
Wed 27 <sup>th</sup> September	1	Hills	Winter Hills
	2 + Juniors	Fartlek run	Winter Hills
Sun 1 <sup>st</sup> October - Sunday Long Run			
Wed 4 <sup>th</sup> October	1	1km efforts (x5)	Winter Hills
	2 + Juniors	Pyramid session (1,2,3,4,5,4,3,2,1 mins efforts + ½ recovery time)	Winter Hills
Sun 8 <sup>th</sup> October - Sunday Long Run			
Wed 11 <sup>th</sup> October	1	Steady pre-XC run – finish with strides	Silverstone Village run + Winter hills loop
	2 + Juniors	Steady pre-XC run – finish with strides	Silverstone Village run
<b>Sat 14<sup>th</sup> Oct – Chiltern league 1 – Keysoe Equestrian Centre</b>			
Sun 15 <sup>th</sup> October - Sunday Long Run			
Wed 18 <sup>th</sup> October	1	Pyramid session (1,2,3,4,5,4,3,2,1 mins efforts + ½ recovery time)	Circuit/Car-park
	2 + Juniors	Follow my leader	Circuit/Dadford Road
Sun 22 <sup>th</sup> October - Sunday Long Run			
Wed 25 <sup>th</sup> October	1 & 2	Hills	Winter Hills
	Juniors	½ Term - No session	NA

Sun 29 <sup>th</sup> October - Sunday Long Run			
Wed 1 <sup>st</sup> November	1	1ml Reps x 4	Circuit/Dadford Road
	2 + Juniors	Flying 50's (4 x 5mins continuous efforts, 50m increase, 50m at pace, 50m decrease)	Circuit/Dadford Road
Sun 5 <sup>th</sup> November - Sunday Long Run			
Wed 8 <sup>th</sup> November	1	Steady pre-XC run – finish with strides	Silverstone Village run + Winter hills loop
	2 + Juniors	Steady pre-XC run – finish with strides	Silverstone Village run
Saturday 11 <sup>th</sup> November – Chiltern League 2 – Teardrop Lakes, MK			
Sun 12 <sup>th</sup> November - Sunday Long Run			
Wed 15 <sup>th</sup> November	1	800m efforts (x6)	Circuit/Carpark
	2 + Juniors	Follow my leader	Circuit/Carpark
Sun 19 <sup>th</sup> November - Sunday Long Run			
Wed 22 <sup>nd</sup> November	1	Hills	Winter Hills
	2 + Juniors	Hills	Winter Hills
Sun 26 <sup>th</sup> November - Sunday Long Run			
Wed 29 <sup>th</sup> November	1	Steady pre-XC run – finish with strides	Circuit/Carpark
	2 + Juniors	Steady pre-XC – finish with strides	Circuit/Carpark
Saturday 2 <sup>nd</sup> December – Chiltern League 3 – Stopsley Common, Luton			
Sun 3 <sup>rd</sup> December - Sunday Long Run			
Wed 6 <sup>th</sup> December	1	Pyramid session (1,2,3,4,5,4,3,2,1 mins efforts + ½ recovery time)	Circuit/Carpark
	2 + Juniors	Flying 50's (4 x 5mins continuous efforts, 50m increase, 50m at pace, 50m decrease)	Circuit/Carpark
Sun 10 <sup>th</sup> December - Sunday Long Run			
Wed 13 <sup>th</sup> December	1, 2 & Juniors	600m efforts	Circuit/Carpark
Sun 17 <sup>th</sup> December - Sunday Long Run			
Wed 20 <sup>th</sup> December	1, 2 & Juniors	Christmas Special	Circuit/Carpark
Wed 27 <sup>th</sup> December	Seniors	Mince Pie Run	Everdon Stubbs