

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

September – December 2022

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 7 th September	1	400m efforts	Towcester Watermeadows
	2 + Juniors	400m efforts	Towcester Watermeadows
Sun 11 th September - Sunday Long Run			
Wed 14 th September	1	1.25km efforts x5	Towcester Watermeadows
	2 + Juniors	1.25km efforts x 4	Towcester Watermeadows
Sun 18 th September - Sunday Long Run			
Wed 21 st September	1	Fartlek run	Winter Hills
	2 + Juniors	Hills	Winter Hills
Sun 25 th September - Sunday Long Run			
Wed 28 th September	1	Hills	Winter Hills
	2 + Juniors	Fartlek run	Winter Hills
Sun 2 nd October - Sunday Long Run			
Wed 5 th October	1	1km efforts (x5)	Circuit/Dadford Road
	2 + Juniors	Pyramid session (1,2,3,4,5,4,3,2,1 mins efforts + ½ recovery time)	Circuit/Car park
Sat 8 th Oct – Silson club x-country – The Hintons Farm, Abthorpe			
Sun 10 th October - Sunday Long Run			
Wed 12 th October	1	Steady pre-XC run/Fartlek – finish with strides	Silverstone Village run + Winter hills loop
	2 + Juniors	Steady pre-XC/Fartlek run – finish with strides	Silverstone Village run
Sat 15th Oct – Chiltern league 1 - Oxford			
Sun 16 th October - Sunday Long Run			
Wed 19 th 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 23 rd October - Sunday Long Run			

Wed 26 th October	1 & 2	Hills	Winter Hills
	Juniors	½ Term - No session	NA
Sun 30 th October - Sunday Long Run			
Wed 2 nd November	1	1ml Reps x 5	Circuit/Dadford Road
	2 + Juniors	Flying 50's (4 x 5mins continuous efforts, 50m increase, 50m at pace, 50m decrease)	Circuit/Dadford Road
Sun 6 th November - Sunday Long Run			
Wed 9 th November	1	Steady pre-XC run/Fartlek – finish with strides	Silverstone Village run + Winter hills loop
	2 + Juniors	Steady pre-XC/Fartlek run – finish with strides	Silverstone Village run
Saturday 12th November – Chiltern League 2 – Teardrop Lakes, MK			
Sun 13 th November - Sunday Long Run			
Wed 16 th November	1	800m efforts (x6)	Circuit/Carpark
	2 + Juniors	Follow my leader	Circuit/Carpark
Sun 20 th November - Sunday Long Run			
Wed 23 rd November	1	Hills	Winter Hills
	2 + Juniors	Hills	Winter Hills
Sun 27 th November - Sunday Long Run			
Wed 30 th November	1	Steady pre-XC run/Conditioning – finish with strides	Meet Winter Hills
	2 + Juniors	Steady pre-XC – finish with strides	Meet Winter Hills
Saturday 3rd December – Chiltern League 3 – Stopsley Common Luton			
Sun 4 th December - Sunday Long Run			
Wed 7 th December	1	Fartlek	Meet Winter Hills
	2 + Juniors	Fartlek	Meet Winter Hills
Sun 11 th December - Sunday Long Run			
Wed 14 th December	1, 2 & Juniors	Christmas Special - Towcester loop	Towcester centre for leisure
Sun 18 th December - Sunday Long Run			
Wed 28 th December	Seniors	Mince Pie Run	Everdon Stubbs