

Senior & Young Athletes (YA) Wednesday Training (runners over the age of 12):

Senior Silson Training: January - April 2026

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

Dates in **Green** are Wednesdays, Dates in **Red** are Fridays, Dates in **Yellow** are races or Stowe training sessions.

Date	Group	Training Session	Location
Saturday 3 rd Jan	All	County X Country	Abington park, Northampton
Wed 7 th January	1	Steady pre-XC run – finish with strides	Silverstone Village plus strides
	2 & YA		
Saturday 10 th Jan	ALL	XC League race 4	Cassiobury Park, Watford
Wed 14 th January	1, 2 & YA	Winter Cup round 2 - 1.6 miles	Dadford Rd
Wed 21 st January	1, 2 & YA	Hills	Winter Hills
Saturday 24 th Jan	ALL	Midlands X Country	
Wed 28 th January	1	4 x 1 mile reps	Dadford Road
	2 & YA	400m reps x 6	Silverstone Circuit/car park
Wed 4 th February	1	Steady pre-XC Fartlek – finish strides	Silverstone Village plus strides
	2 & YA		
Saturday 7 th Feb	ALL	XC League race 5	Stopsley Park, Luton
Wed 11 th February	1	Aerobic pyramid session	Silverstone Circuit / Carpark
	2 & YA	6 x 600m / 400m	Dadford road
Sat 14 th Feb	1, 2 & YA	Moneghetti Fartlek session	Stowe School Athletics Track
Wed 18 th February	1, 2 & YA	Winter Cup round 3 - 2.5 miles	Dadford road / Silverstone Circuit
Saturday 21 st Feb	ALL	English National X Country	Sedgefield, County Durham
Wed 25 th February	1, 2 & YA	Hills	Winter Hills
Wed 4 th March	1	6 x 800m	Dadford Road
	2 & YA	Aerobic pyramid session	Silverstone Circuit / Carpark
Saturday 7 th March	-	Inter counties	Wollaton Park, Nottingham
Wed 11 th March	1	Aerobic Pyramid Session	Silverstone Circuit /carpark
	2 & YA	600m reps x 6	Dadford Rd
Saturday 14 th March	1, 2 & YA	Intervals	Stowe School Athletics Track
Wed 18 th March	1, 2 & YA	Winter Cup round 4 - 5k	Carpark/Dadford Rd

Wed 25 th March	1	800m reps x 8	Silverstone Circuit /Car park Dadford Rd
	2 & YA	Flying 50's	
Wed 1 st April	1 & 2	600m reps (Easter hols)	Carpark /Dadford Rd
Wed 9 th April	1 & 2	Follow my Leader (Easter hols)	Carpark /Dadford Rd
Wed 15 th April	1, 2 & YA	Winter Cup round 5 - 10k Young Athletes – 5km	Buckingham parkrun course x 2 Buckingham parkrun course
Friday 17 th April	1, 2 & YA	1200m efforts 1000 at 10k pace + 200m quicker	Stowe School Athletics Track
Friday 24 th April		800m efforts 600m at 5k + 200m quicker 400m recovery	