

**Silson Senior & Young Athlete Wednesday + Saturday Training (runners over the age of 12):****September – December 2026**

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

Saturday morning training at Stowe – 10.30 am (please arrive from 10.15am)

| Date                                                                                | Group     | Training Session                                                                               | Location                                    |
|-------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------|---------------------------------------------|
| Wed 2nd September                                                                   | 1         | 1000m efforts                                                                                  | Towcester Watermeadows                      |
|                                                                                     | 2 + YA    | 1000m efforts                                                                                  | Towcester Watermeadows                      |
| Sat 5 <sup>th</sup>                                                                 | 1, 2 + YA | 90 second efforts + 1 mile time trial                                                          | Stowe                                       |
| Wed 9 <sup>th</sup> September                                                       | 1         | 1.25km efforts x5                                                                              | Towcester Watermeadows                      |
|                                                                                     | 2 + YA    | 1.25km efforts x 4                                                                             | Towcester Watermeadows                      |
| Sun 13 <sup>th</sup> – Northampton half – Northampton                               |           |                                                                                                |                                             |
| Wed 16 <sup>th</sup> September                                                      | 1         | Hills                                                                                          | From winter Hills                           |
|                                                                                     | 2 + YA    |                                                                                                |                                             |
| Sat 19 <sup>th</sup> - Midland road race relays 6/4 – Sutton Park, Sutton Coldfield |           |                                                                                                |                                             |
| Wed 23 <sup>rd</sup> September                                                      | 1, 2 + YA | 600m efforts                                                                                   | From winter Hills                           |
| Sun 27 <sup>th</sup> – Brackley Chicken Run                                         |           |                                                                                                |                                             |
| Wed 30 <sup>th</sup> September                                                      | 1, 2 + YA | 800 efforts (x6)                                                                               | Circuit/Dadford Road                        |
| Sun 4 <sup>th</sup> October                                                         | All       | Club Cross Country                                                                             | Abthorpe                                    |
| Wed 7 <sup>th</sup> October                                                         | 1         | Steady pre-XC run – finish with strides                                                        | Silverstone Village run + Winter hills loop |
|                                                                                     | 2 + YA    | Steady pre-XC run – finish with strides                                                        | Silverstone Village run                     |
| Sat 10 <sup>th</sup> Oct – Chiltern league 1 – Tear Drop Lakes, MK                  |           |                                                                                                |                                             |
| Wed 14 <sup>th</sup> October                                                        | 1         | 6-5-4-3-2-1-30s<br>Run for time, 1 min walk in between reps, increase pace as reps get shorter | Circuit/Dadford Road                        |
|                                                                                     | 2 + YA    | Follow my leader                                                                               |                                             |
| Sat 17 <sup>th</sup> Oct.                                                           | 1, 2 + YA | Monghetti Fartlek                                                                              | Stowe                                       |
| Wed 21 <sup>st</sup> October                                                        | 1, 2 + YA | Hills                                                                                          | Winter Hills                                |

|                                                                            |           |                                                                                     |                                                   |
|----------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|---------------------------------------------------|
| Wed 28 <sup>th</sup> Oct                                                   | 1         | 1k x 5                                                                              | Circuit/Dadford Road                              |
|                                                                            | 2 + YA    | Pyramid session (1,2,3,4,5,4,3,2,1 mins efforts + ½ recovery time)                  | Circuit/Dadford Road                              |
| Wed 4 <sup>th</sup> November                                               | 1         | 1ml Reps x 4                                                                        | Circuit/Dadford Road                              |
|                                                                            | 2 + YA    | 800m reps x 5                                                                       | Circuit/Dadford Road                              |
| Wed 11 <sup>th</sup> November                                              | 1         | Steady pre-XC run – finish with strides                                             | Silverstone Village run + Winter hills loop       |
|                                                                            | 2 + YA    | Steady pre-XC run – finish with strides                                             | Silverstone Village run                           |
| <b>Sat 14<sup>th</sup> November – Chiltern League 2 – Oxford</b>           |           |                                                                                     |                                                   |
| Wed 18 <sup>th</sup> November                                              | 1, 2 + YA | Hills                                                                               | Winter Hills                                      |
| Sat 21 <sup>st</sup> Nov                                                   | 1, 2 + YA | 1200m efforts                                                                       | Stowe                                             |
| Wed 25 <sup>th</sup> November                                              | 1         | 200m / 600m / 200m intervals                                                        | Circuit/Carpark                                   |
|                                                                            | 2 + YA    | Flying 50's (4 x 5mins continuous efforts, 50m increase, 50m at pace, 50m decrease) | Circuit/Carpark                                   |
| Wed 2 <sup>nd</sup> December                                               | 1         | Steady pre-XC run – finish with strides                                             | Silverstone Village run - from Winterhills        |
|                                                                            | 2 + YA    | Steady pre-XC – finish with strides                                                 | Silverstone Village run from Winterhills          |
| <b>Sat 5<sup>th</sup> December – Chiltern League 3 – Campbell Park, MK</b> |           |                                                                                     |                                                   |
| Wed 9 <sup>th</sup> December                                               | 1, 2 & YA | Broken 1km - 800m at steady pace, 200m effort                                       | Towcester Watermeadows - due to the lap of lights |
| Sat 12 <sup>th</sup>                                                       | 1, 2 + YA | 30s efforts with 30s recovery                                                       | Stowe                                             |
| Wed 16 <sup>th</sup> December                                              | 1, 2 & YA | Christmas Special                                                                   | from Winterhills                                  |
| Sun 27 <sup>th</sup> December                                              | All       | Mince Pie Run                                                                       | Everdon Stubbs                                    |