

Silson Training schedule End-April – August 2024

Friday Evening Training at Stowe School 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 2024			
Wed 3rd April	1 & 2	Follow my Leader (Easter hols)	Silverstone Circuit /Car park
Saturday 6 th March	1 & 2	3 x 10 mins of 400m with 100m active recovery	Stowe School Athletics Track
Wed 10th April	1 & 2	Flying 50's (Easter hols)	Silverstone Circuit /Car park
Wed 17th April	1, 2 & YA	Winter Cup - 10k Young Athletes – 5km	Buckingham parkrun course x 2 Buckingham parkrun course
Friday 19th April	Seniors group 1 & 2	10 x 90s efforts, 90 second recovery (group 1 aiming for 400m, group 2 aiming for 300m)	Stowe School Athletics Track
	Young Athletes	6 x 90s efforts	
Friday 26th April	Seniors 1 & 2	2 x 5 x 400/300m	Stowe School Athletics Track
	Young Athletes	2 x 4 x 300m	
May 2024			
Wed 1st May	All to volunteer please	Silverstone Grand Prix 10k	Silverstone race circuit
Friday 3rd May	Seniors 1 & 2 + Young Athletes	5 minute efforts @ 5k+ pace x 4 with 3 minute jog recovery	Stowe School Athletics Track
Friday 10th May	Seniors 1, 2 Young Athletes	2 mile time-trial + relays 800m for young athletes + relays	Stowe School Athletics Track
Friday 17th May	Blisworth 5	-	Blisworth
	Seniors 1, 2 Young Athletes	4 x 5mins 200m efforts with 100m recovery (3 mins recovery between set)	Stowe School Athletics Track
Friday 24th May	Seniors 1 + Seniors 2 Young Athletes	4 x 5 mins 400m effort with 200m recovery (3 mins recovery between sets) + strides to finish	Stowe School Athletics Track

Friday 31 st May	Seniors 1 + Seniors 2 Young Athletes	5 minute efforts @5k pace or quicker x 4 with 3 minute jog recovery	
June 2024			
Friday 7 th June	Seniors	300m efforts with 100m recovery 8 minutes x 3 with 3 mins recovery	Stowe School Athletics Track
	Young Athletes	***Half-term***	
Friday 14 th June	Seniors 1 & 2 + Young athletes	Pyramid Session 30s, 1m, 2m,3m,4m, 5m, 4m,3m,2m,1m,30s (Recovery=HALF TIME of effort)	Stowe School Athletics Track
	Blisworth 5 – EMGP + NRRL		
Friday 21 st June	Seniors 1, 2 + Young Athletes	10 x 90s, 1 min recovery (group 1 aiming for 400m, group 2 aiming for 300m)	Stowe School Athletics Track
	Young Athletes	6-8 x 90s efforts	
Friday 28 th June	Seniors 1, 2 + Young Athletes	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
July 2024			
Wed 3 rd July	Corby 5	-	Corby
	Seniors 1, 2 + Young Athletes	4 x 5mins 200m efforts with 100m recovery (3 mins recovery between set)	Stowe School Athletics Track
Friday 5 th July (F1 Grand Prix weekend @ Silverstone)	Training moved to Wednesday 5th July due to F1 Grand Prix Weekend		
Friday 12 th July	Seniors 1, 2 + Young Athletes	Record 3 mile time-trial 800m for Juniors + Relays	Stowe School Athletics Track
Friday 19 th July	Seniors 1, 2 + Young Athletes	5 minute efforts @ 5k+ pace x 5 with 2 minute jog recovery	Stowe School Athletics Track

Fri 26th July	No training	-	-
Wed 31st July	No training	-	-
August 2024			
Wed 7th August	No training	-	-
Wed 14th August	Seniors only	400m reps x 8	Towcester Water Meadow
Wed 21st August	Seniors only	600m reps x 8	Towcester Water Meadow
Wed 28th August	Seniors only	800 reps x 6	Towcester Water Meadow