

## Silson AC Training Schedule (April – August 2026)

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

**Colour Key: Wednesdays, Fridays, Races**

Date	Group	Training Session	Location
<b>April 2026</b>			
Wednesday 1 <sup>st</sup> April (Easter Holidays)	Seniors 1, 2 & Young Athletes	8 x 600m reps 90 seconds static recovery between efforts	Silverstone Circuit Car park
Wednesday 8 <sup>th</sup> April (Easter Holidays)	Seniors 1, 2 & Young Athletes	Follow my leader 3x 10 Minutes with 2 Minutes static recovery between	Silverstone Circuit Car park
Wednesday 16 <sup>th</sup> April	Seniors 1, 2 & Young Athletes	Winter Cup round 5 - 10k Young Athletes – 5km	Buckingham parkrun course x 2 Buckingham parkrun course
Friday 16 <sup>th</sup> April	Seniors group 1, 2 & Young Athletes	1200m efforts 1000 at 10k pace + 200m quicker	Stowe School Athletics Track
Friday 24 <sup>th</sup> April	Seniors 1 & 2 & Young Athletes	800m efforts (600m at 5k pace + 200m quicker) 400m jog recovery between (Continuous session)	Stowe School Athletics Track
<b>May 2026</b>			
Friday 1 <sup>st</sup> May	Seniors 1	Reverse Pyramid session - 1200m, 1000m, 800m, 600m, 800m, 1000m 1200m 200m jog recovery apart from after 600m (400m)	Stowe School Athletics Track
	Seniors 2 & Young Athletes	Reverse Pyramid session - 1200m, 1000m, 800m, 600m, 800m 200m jog recovery apart from after 1 <sup>st</sup> 800m (400m)	
Monday 4 <sup>th</sup> May	<b>Great Weston 5</b>		
Wednesday 6 <sup>th</sup> May	All to volunteer please	Silverstone Grand Prix 10km	Silverstone race circuit
Friday 8 <sup>th</sup> May	Seniors 1, 2 & Young Athletes	5 x 5 mins, 2mins rest between efforts	Stowe School Athletics Track

Sat 9 <sup>th</sup> & Sun 10 <sup>th</sup> May	<b>Northants County Track Championships – Corby Stadium</b>		
Friday 15 <sup>th</sup> May	<b>EMGP - Blisworth 5</b>		
Friday 15 <sup>th</sup> May	Seniors 1, 2 & Young Athletes	4 – 5 x 1000m at 5k pace 2 Minutes static recovery between	Stowe School Athletics Track
Tues 19 <sup>th</sup> May	<b>EMGP – Banbury 5</b>		
Friday 22 <sup>nd</sup> May	Seniors 1, 2 & Young Athletes	2x 5x 400m (faster than 5k pace) effort with 200m jog recovery (1/2 marathon pace) 3 Minutes static recovery between sets	Watermeadows, Towcester
Friday 29 <sup>th</sup> May ***Half-term***	Seniors 1, 2 & Young Athletes	Flying 500's - 400m @ 5k pace, 100m @ 100m pace + 300m easy (Continuous session) Group 1 – Aim for 8 to 10 Sets Group 2 – Aim for 6 to 8 Sets	Stowe School Athletics Track
<b>June 2026</b>			
Tuesday 2 <sup>nd</sup> June	<b>EMGP – Harborough 5</b>		
Friday 5 <sup>th</sup> June	Seniors 1, 2 & Young Athletes	3x 800m, 400m, 200m with 200m jog recovery between efforts 2 Minutes static recovery between sets	Stowe School Athletics Track
Friday 12 <sup>th</sup> June	Seniors 1, 2 & Young Athletes	6x 800m intervals, made up of 400m effort (5k pace), 200m easy, 200m effort (faster than 5k pace) 2 Minutes static recovery between sets	Stowe School Athletics Track
Tuesday 16 <sup>th</sup> June	<b>EMGP – Weedon 10km</b>		
Friday 19 <sup>th</sup> June	Seniors 1, 2 & Young Athletes	Norwegian 4 x 4's 3 Minutes static recovery between each effort	Stowe School Athletics Track
Wednesday 24 <sup>th</sup> June	<b>EMGP – Corby 5</b>		
Friday 26 <sup>th</sup> June	Seniors 1, 2 & Young Athletes	300m efforts (faster than 5k pace) with 100m jog recovery 3x 8 Minutes with 3 Minutes static recovery between sets	Stowe School Athletics Track

Tuesday 30 <sup>th</sup> June	<b>EMGP – MK 10km</b>		
<b>July 2026</b>			
Wednesday 1 <sup>st</sup> July	Seniors 1, 2 & Young Athletes	2x 8x 200m efforts (faster than 5k pace) with 200m jog recovery 3 Minutes static recovery between sets	Stowe School Athletics Track
Friday 3 <sup>rd</sup> July	Training moved to Wednesday 1 <sup>st</sup> July due to F1 Grand Prix Weekend @ Silverstone		
Wednesday 8 <sup>th</sup> July	<b>EMGP – Rugby 6</b>		
Friday 10 <sup>th</sup> July	Seniors 1, 2 & Young Athletes	200m efforts with 100m jog recovery 4x 5 Minutes with 3 Minutes static recovery between sets	Stowe School Athletics Track
Sunday 12 <sup>th</sup> July???	<b>Wellingborough 5</b>		
Friday 17 <sup>th</sup> July	Seniors 1, 2 & Young Athletes	8x 400m efforts with 90 second static recovery + 1 mile time-trial	Stowe School Athletics Track
Friday 24 <sup>th</sup> July	<b>No training</b>		
Sunday 26 <sup>th</sup> July	<b>Sunset 5km</b>		
Friday 31 <sup>st</sup> July	<b>No training</b>		
<b>August 2026</b>			
Wednesday 5 <sup>th</sup> August	<b>No training</b>		
Wednesday 12 <sup>th</sup> August	Seniors Only	3x 2x 400m effort, 200m jog recovery, 400m effort, 200m jog recovery 2 Minutes static recovery between sets	Towcester Water Meadow
Wednesday 19 <sup>th</sup> August	Seniors Only	3x 2x 600m effort with 600m jog recovery 2 Minutes static recovery between sets	Towcester Water Meadow
Wednesday 26 <sup>th</sup> August	Seniors Only	3x 2x 800m effort with 400m jog recovery 2 Minutes static recovery between sets	Towcester Water Meadow