

# Silson Senior & Young Athlete Wednesday + Saturday Training (runners over the age of 12):

**September – December 2025**

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 3 <sup>rd</sup> September	1	1000m efforts	Towcester Watermeadows
	2 + YA	1000m efforts	Towcester Watermeadows
Sat 6 <sup>th</sup>	1, 2 + YA	Dice Fartlek or 400 m @ marathon pace, 200m @ 5km pace, 200m @ half-marathon pace, 200m @ 5km pace, 200m @ half-marathon pace, 400m @ marathon pace x 3 or 4 P1 – MP, P2 – ½MP, P3 – 5K	Stowe
Wed 10 <sup>th</sup> September	1	1.25km efforts x5	Towcester Watermeadows
	2 + YA	1.25km efforts x 4	Towcester Watermeadows
Sun 14 <sup>th</sup> – Northampton half – Northampton			
Wed 17 <sup>th</sup> September	1	Hills + Downhill running	Chip Shop Hill
	2 + YA		
Sat 20 <sup>th</sup> - Midland road race relays 6/4 – Sutton Park, Sutton Coldfield			
Wed 24 <sup>th</sup> September	1, 2 + YA	600m efforts	From winter Hills
Sun 28 <sup>th</sup> – Rugby 10 – Barby			
Wed 1 <sup>st</sup> October	1	800 efforts (x6)	Circuit/Dadford Road
	2 + YA	Pyramid session (1,2,3,4,5,4,3,2,1 mins efforts + ½ recovery time)	Circuit/Dadford Road
Sat 4 <sup>th</sup>	All	Club Cross Country	-
Wed 8 <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 11 <sup>th</sup> Oct – Chiltern league 1 – Verulamium Park, St Albans			
Wed 15 <sup>th</sup> October	1	Flying 50's (3 x 8mins continuous efforts, 50m increase, 50m at pace, 50m decrease)	Circuit/Dadford Road
	2 + YA	Follow my leader	

Sat 18 <sup>th</sup> Oct.	1, 2 + YA	800m efforts – 600m at pace with 200m full effort, 400m active recovery	Stowe
Wed 22 <sup>nd</sup> October	1, 2 + YA	Hills	Winter Hills
Wed 29 <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 5 <sup>th</sup> November	1	1ml Reps x 4	Circuit/Dadford Road
	2 + YA	800m reps x 5	Circuit/Dadford Road
Wed 12 <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 15<sup>th</sup> November – Chiltern League 2 – Horspath, Oxford</b>			
Wed 19 <sup>th</sup> November	1, 2 + YA	Hills	Winter Hills
Sat 22 <sup>nd</sup> Nov		Reverse Pyramid session (1200m, 1000m, 800m, 600m x2, 200m jog recovery)	Stowe
Wed 26 <sup>th</sup> November	1	Pyramid session (1,2,3,4,5,4,3,2,1 mins efforts + ½ recovery time)	Circuit/Carpark
	2 + YA	Flying 50's (4 x 5mins continuous efforts, 50m increase, 50m at pace, 50m decrease)	Circuit/Carpark
Wed 3 <sup>rd</sup> December	1	Steady pre-XC run – finish with strides	Silverstone Village run - from Winter Hills
	2 + YA	Steady pre-XC – finish with strides	Silverstone Village run - from Winter Hills
<b>Sat 6<sup>th</sup> December – Chiltern League 3 – Campbell Park, MK</b>			
Wed 10 <sup>th</sup> December	1, 2 & YA	Winter Cup 1 – 5k	Towcester Watermeadows
Sat 13 <sup>th</sup>	1, 2 & YA	1200m efforts x 5	Stowe
Wed 17 <sup>th</sup> December	1, 2 & YA	Christmas Special	Winterhills
Sat 20 <sup>th</sup> December	1, 2 & YA	Fartlek session on County XC course	Abington park, Northampton
Sun 28 <sup>th</sup> December	All	Mince Pie Run	Everdon Stubbs