

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

Senior Silson Training: January - April 2025

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
Wed 1 st January	NA	No session	
Saturday 4 th Jan	All	County X Country	Wickstead Park
Wed 8 th January	1	Steady pre-XC run – finish with strides	Silverstone Village plus strides
	2 & YA		
Saturday 11 th Jan	All	XC League race 4	Watford
Wed 15 th January	1, 2 & YA	Winter Cup round 4 - 1.6 miles	Dadford Rd
Saturday 18 th Jan	1, 2 & YA	Reverse Pyramid session (1200m, 1000m, 800m, 600m x2, 200m jog recovery)	Stowe School Athletics Track
Wed 22 nd January	1, 2 & YA	Hills	Winter Hills
Saturday 25 th Jan	All	Midlands X Country	Mallory Park Race circuit, Leicestershire
Wed 29 th January	1	4 x 1 mile reps	Dadford Road
	2 & YA	400m reps x 6	Silverstone Circuit/car park
Wed 5 th February	1, 2 & YA	Steady pre-XC Fartlek – finish strides	Silverstone Village plus strides
Saturday 8 th Feb	All	XC League race 5	Horspath, Oxford
Wed 12 th February	1	Aerobic pyramid session	Silverstone Circuit / Carpark
	2 & YA	6 x 600m / 400m	Dadford road
Sat 15 th Feb	1, 2 & YA	Monoggetti Fartlek session	Stowe School Athletics Track
Wed 19 th February	1, 2 & YA	Winter Cup round 5 - 2.5 miles	Dadford road / Silverstone Circuit
Saturday 22 nd Feb	All	English National X Country	Parliament Hill, London
Wed 26 th February	1	Hills	Winter Hills
	2 & YA	Hills	
Wed 5 th March	1	6 x 800m	Dadford Road
	2 & YA	Aerobic pyramid session	Silverstone Circuit / Carpark
Saturday 8 th March	-	Inter counties	Wollaton Park, Nottingham

Wed 12 th March	1	Aerobic Pyramid Session	Silverstone Circuit /carpark
	2 & YA	600m reps x 6	Dadford Rd
Saturday 15 th March	1, 2 & YA	Intervals	Stowe School Athletics Track
Wed 19 th March	1, 2 & YA	Winter Cup round 6 - 5k	Carpark/Dadford Rd
Wed 26 th March	1	800m reps x 8	Silverstone Circuit /Car park
	2 & YA	Flying 50's	Dadford Rd
Wed 2 nd April	1 & 2	600m reps	Carpark /Dadford Rd
Saturday 5 th April	1, 2 & YA	Intervals	Stowe School Athletics Track
Wed 9 th April	1 & 2	Follow my Leader (Easter hols)	Carpark /Dadford Rd
Wed 16 th April	NA	NA	NA
Wed 16 th April	1, 2 & YA	Winter Cup round 7 - 10k Young Athletes – 5km	Buckingham parkrun course x 2 Buckingham parkrun course
Friday 25 th April	1 & 2	800m efforts	Stowe School Athletics Track
	YA	600m at 5k + 200m quicker 400m recovery	