

## Silson Training schedule End-April – August 2021

### Friday Evening Training 6.30pm (please arrive by 6.20pm to allow a PROMPT start)

### Wednesday Evening 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
<b>April 2021</b>			
Friday 23 <sup>rd</sup> April	Seniors 1	8 x 400m (1 min recovery)	Stowe School Athletics Track
	Seniors 2 + U14's	8 x 300m (1 min recovery)	Stowe School Athletics Track
Wed 28 <sup>th</sup> April	TBC	TBC	TBC
Friday 30 <sup>th</sup> April	Seniors 1 & 2	4 x 5min 200m effort + 200m recovery (3 min recovery between efforts)	Stowe School Athletics Track
<b>May 2021</b>			
Wed 5 <sup>th</sup> May	TBC	TBC	TBC
Friday 7 <sup>th</sup> May	Seniors 1 & 2	Record 2 mile time-trial + relays 800/1500m for juniors	Stowe School Athletics Track
Wed 12 <sup>th</sup> May	TBC	TBC	TBC
Friday 14 <sup>th</sup> May	Seniors 1 & 2	5 minute efforts @ 5k+ pace x 4 with 3 minute jog recovery	Stowe School Athletics Track
Wed 19 <sup>th</sup> May	TBC	TBC	TBC
Friday 21 <sup>st</sup> May	Seniors	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
Wed 26 <sup>th</sup> May	TBC	TBC	TBC
Friday 28 <sup>th</sup> May	Seniors 1	3 x 5 mins 400m effort with 200m recovery (3 mins recovery between efforts)	Stowe School Athletics Track
	Seniors 2 + U14's	Flying 50's	

<b>June 2021</b>			
Wed 2 <sup>nd</sup> June	TBC	TBC	TBC
Friday 4 <sup>th</sup> June	Seniors	***No training as same night as Blisworth 5 (NRRL/EMGP)*** or 300m efforts with 100 recovery 8 minutes x 3 with 3 minute recovery	Blisworth / Stowe School Athletics Track
	Juniors/Young Athletes	***Half-term***	
Wed 9 <sup>th</sup> June	TBC	TBC	TBC
Friday 11 <sup>th</sup> June	Seniors 1 & 2	10 x 90s (2 mins recovery)	Stowe School Athletics Track
Wed 16 <sup>th</sup> June	TBC	TBC	TBC
Friday 18 <sup>th</sup> June	Seniors 1 & 2	Pyramid Session 30s, 1m, 2m,3m,4m, 5m, 4m,3m,2m,1m,30s (Recovery=HALF TIME of effort)	Stowe School Athletics Track
Wed 23 <sup>rd</sup> June	TBC	TBC	TBC
Friday 25 <sup>th</sup> June	Seniors 1 & 2	5 minute efforts x 5 with 2 minute jog recovery	Stowe School Athletics Track
Wed 31 <sup>st</sup> June	TBC	TBC	TBC
<b>July 2021</b>			
Friday 2 <sup>nd</sup> July	Seniors 1 & 2	60s efforts x 4 x 4 sets. Recovery 1min jog with 2 mins rest between sets	Stowe School Athletics Track
Wed 7 <sup>th</sup> July	TBC	TBC	TBC
Friday 9 <sup>th</sup> July	Seniors 1 & 2	Record 3 mile time-trial + relays 1500m for Juniors	Stowe School Athletics Track
Wed 14 <sup>th</sup> July	TBC	TBC	TBC
***Thurs 15 <sup>th</sup> July*** (Grand Prix weekend @ Silverstone)	Seniors 1 & 2 (last session summer session at Stowe)	5 minute efforts @ 5k+ pace x 4 with 3 minute jog recovery	Stowe School Athletics Track
Wed 21 <sup>st</sup> July	TBC	TBC	TBC
Fri 23 <sup>rd</sup> July	Seniors only	Chip Shop Challenge	The Mount, Towcester
Wed 28 <sup>th</sup> July	Seniors only	900m reps x 3 x 2	Towcester Water Meadow

<b>August 2021</b>			
Wed 4 <sup>th</sup> August	Seniors only	Hills	Winter Hills
Wed 11 <sup>th</sup> August	Seniors only	Sprints	Bucknell Woods
Wed 18 <sup>th</sup> August	Seniors only	Downhill running technique	Stowe
Wed 25 <sup>th</sup> August	Seniors only	400m reps x 10	Watermeadow carpark, Towcester
Wed 1 <sup>st</sup> September	Seniors only	900m reps x 3 x 2	Towcester Water Meadow