

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

September – December 2024

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 4 <sup>th</sup> September	1	1000m efforts	Towcester Watermeadows
	2 + YA	1000m efforts	Towcester Watermeadows
Wed 11 <sup>th</sup> September	1	1.25km efforts x 4	Towcester Watermeadows
	2 + YA	1.25km efforts x 3	Towcester Watermeadows
Sat 14 <sup>th</sup>	1, 2 + YA	Bend efforts	Stowe
	Rescheduled ECCA National XC Champs – Weston Park, Shropshire		
Wed 18 <sup>th</sup> September	1	Hills + Downhill running	Winter Hills
	2 + YA		
Sat 21 <sup>st</sup> - Midland road race relays 6/4 – Sutton Park, Sutton Coldfield			
Wed 25 <sup>th</sup> September	1, 2 + YA	Hills	Winter Hills
Sat 28 <sup>th</sup>	All	Club Cross Country	Hinton's Farm
Wed 2 <sup>nd</sup> October	1	1km efforts (x5)	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 9 <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 12 <sup>th</sup> Oct – Chiltern league 1 – Keysoe			
Wed 16 <sup>th</sup> October	1	Winter Cup – 1.6 mile	Circuit/Dadford Road
	2 + YA		
Sat 19 <sup>th</sup>	1, 2 + YA	800m efforts – 600m at pace with 200m full effort, 400m active recovery	Stowe
Wed 23 <sup>rd</sup> October	1, 2 + YA	Hills	Winter Hills
Wed 30 <sup>th</sup> Oct	1	1ml Reps x 4	Circuit/Dadford Road
	2 + YA	Flying 50's (4 x 5mins continuous efforts, 50m increase, 50m at pace, 50m decrease)	Circuit/Dadford Road

Wed 6 <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>Saturday 9<sup>th</sup> November – Chiltern League 2 – TBA</b>			
Wed 13 <sup>th</sup> November	1, 2 + YA	Winter Cup – 2.5 miles	Circuit/Carpark
Sat 16 <sup>th</sup>		1200m efforts x 5	Stowe
Wed 20 <sup>th</sup> November	1, 2 + YA	Hills	Winter Hills
Wed 27 <sup>th</sup> November	1	Steady pre-XC run – finish with strides	Circuit/Carpark
	2 + YA	Steady pre-XC – finish with strides	Circuit/Carpark
<b>Saturday 30<sup>th</sup> November – Chiltern League 3 – TBA</b>			
Wed 4 <sup>th</sup> December	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 11 <sup>th</sup> December	1, 2 & YA	Winter Cup 3 – 5k	Circuit/Carpark
Sat 14 <sup>th</sup>	1, 2 & YA	Ladder runs	Stowe
Wed 18 <sup>th</sup> December	1, 2 & YA	Christmas Special	Circuit/Carpark
Sat 28 <sup>th</sup> Dec	All	Fartlek session on County XC course	Abingdon park-TBC
Fri 29 <sup>th</sup> Dec	All	Mince Pie Run	Everdon Stubbs