

TRAINING MAY JUNE 2019 FOR CRAWLEY A.C. ENDURANCE GROUP

Don't forget to TAPER before an important race AND allow for recovery afterwards
These Sessions are for YOU to 'use'. They may not be for YOU at any particular time
Sessions can be adapted according to individual states of fitness and for newcomers

MONDAY and WEDNESDAY sessions start at 7.20pm. Be warmed up and ready to go

		BE SEEN AT NIGHT IN THE WINTER. WEAR WHITE OR YELLOW.
WED	01/05	TRACK. 6 x 800m, 2 minutes between
SUN	05/05	Youth Development League (upper) Reading.
MON	06/05	Spring bank holiday. No club training
WED	08/05	TRACK. 6 x 600m, 200m jog between.
SAT/ SUN	11/05 12/05	Sussex County Championships K2
MON	13/05	'800m' route in Tilgate Park. Meet back of Walled Garden 7.15 ready warmed up
WED	15/05	TRACK. 2 x (4 x 400m) 1 minute between 4's 3 minutes between sets
SUN	19/05	Southern Athletics League K2
MON	20/05	'500m' route in Tilgate Park. Meet at seat at the end of the path between the two lakes ready warmed up.
WED	22/05	TRACK. 2X (12 x 200m), 20 seconds between 200's, extra 2 ½ minutes between sets.
SUN	26/05	Youth Development League (upper) K2
MON	27/05	Bank holiday
WED	29/05	TRACK. 200m, 400m, 600m, 800m, 600m, 400m, 200m. 200m jog after 2 and 6, 2 mins after 4's and 8's
SAT	01/06	
SUN	02/06	
MON	03/06	200m hill down from Smith and Western (the road the huts are on). Meet there 7.15
WED	05/06	Open Meeting at K2. Session on '800m' route Meet back walled garden 7.15 ready warmed up 5 x 1 circuit, 2 minutes between
SUN	09/06	British Athletics League Lee Valley
MON	10/06	500m route end of path between the two lakes. Meet there 7.15 ready warmed up
WED	12/06	TRACK. 6 x 800m 2 minutes between
SAT	15/06	Southern Athletics League. West London
MON	17/06	
WED	19/06	TRACK. 3 x 1200m 3 minutes between.
SUN	23/06	
MON	24/06	Rhododendrons route. Meet back of walled garden 7.15 ready warmed up.