

TRAINING AUGUST. SEPTEMBER. OCT. 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***

WED	21/08	TRACK. 2 x (5 x 400m), 1 minute between 4's 1 minute extra sets.
SUN	25/08	
MON	26/08	Bank Holiday. No Club training
WED	28/08	K2 track closed for maintenance
		200m hill down from Smith and Western. Meet there 7.15 ready warmed up.
SAT	31/08	
MON	02/09	'500m' route in Tilgate Park. Meet 7.15 seat end of path between the two lakes
WED	04/09	TRACK. 8 x 600m 200m jog between
SAT	07/09	
MON	09/09	Rhodendrons Route. Meet back of walled garden. 7.15 ready warmed up
		<b>If it is likely to be too dark I will Email alternative session.</b>
WED	11/09	K2 track closed for maintenance
		Furnace Green 800's. Meet 7.15 ready warmed up at Bus stop half way down Furnace Drive
SUN	15/09	<b>WINTER RULES. WEAR WHITE OR YELLOW. BE SEEN AT NIGHT BY CAR DRIVERS</b>
MON	16/09	200m hill down from Smith and Western (the road the huts are on). Meet there 7.15
WED	18/09	K2 Track closed for maintenance
		Mile reps at Furnace Green. Meet 7.15 ready warmed up at bus stop half way down Furnace Drive
SAT	21/09	
SUN	22/09	
MON	23/09	Mount Close, Pound Hill. Tempo run. 20/25 mins.Meet there 7.15 ready warmed up.
WED	25/09	TRACK. 2 x (6 x 300m) 100m jog between 300's. Extra 100m jog between sets
SAT	28/09	Goodwood Cross Country Relays?
MON	30/09	Crawley Lane. 2 up and down +1 minute rest for 20/25 minutes
WED	02/10	TRACK. 2 x ( 6 x 400m) 1 minute between 4's extra 2 minutes between sets.
SAT	05/10	
MON	07/10	Gossops Green?
WED	09/10	TRACK. 200m, 400m, 600m, 800m, 600m, 400m, 200m. 200M jog after 2's and 6's and 2 mins after 4's and 800's
SAT	12/10	Sussex Cross Country League?
MON	14/10	Mile repetitions in Furnace Green. Meet at bus stop half way down Furnace Drive 7.15 RW UP

**Pete Bennett**