

TRAINING SEPTEMBER OCTOBER 2025 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

SESSIONS START AT 7.20. BE WARMED UP AND READY TO GO

		WINTER RULES. WEAR WHITE OR YELLOW SO THAT YOU CAN BE SEEN BY MOTORISTS
MON	22/09	Meet 7.15 ready warmed up at conjunction of Furnace Drive and The Glade 1 x Glade circuit (870m) + 1 min rest for 20 minutes
WED	24/09	TRACK. 1X 200m jog 200 recovery then 8 x 400 2 minutes between.
SAT	27/09	Sussex XC Relays. Goodwood
MON	29/09	Meet 7.15 ready warmed up Furnace Green footpath at conjunction with Coltash Road. Circuit almost exactly 400m including 178m up hill to finish. Twice round + 1 min rest for 20/25 mins
WED	01/10	TRACK. 2 x (8 x 200) 30 seconds after each 200m, 1 minute between sets., Move round the track and 30 seconds spent at the two 200m points.
SAT	04/10	
MON	06/10	Meet 7.15 ready warmed up. Hill down from Smith and Western. 2 up and down, 1 minute rest.
WED	08/10	TRACK. 2 x (6 x 400m), 1 minute between, an extra 30 seconds between sets.
SAT	11/10	Sussex XC League. Goodwood
MON	13/10	Mount Close (520m) Meet 7.15 ready warmed up. Tempo run 20 minute
WED	15/10	TRACK 2x (4 x 500m) 100m walk/jog back, extra 100m between sets
SAT	18/10	
MON	20/10	Meet 7.15 ready warmed up at conjunction of Furnace Drive and The Glade 1 x Glade circuit (870m) + 1 min rest for 20 minutes
WED	22/10	TRACK. 7 x 600 walk/jog between
SAT	25/10	
MON	27/10	Crawley lane (398m). Meet there 7.15 ready warmed up. 2 up and down with 1 min rest for 20+ mins
WED	29/10	TRACK. 6 x 800m 90 seconds between.