

TRAINING AUGUST SEPTEMBER 2026 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

MON	24/08	Meet 7.15 at end of path between the two lakes. 588M circuit. 2 times + 1 minute rest between..
		Ed Prickett 5k at Track 8.20
WED	26/08	TRACK. 7 x 600m, 200m jog between
SAT	29/08	
MON	31/08	Bank Holiday. No Club training1
WED	02/09	TRACK 2 x (3 x 800m 90 seconds between. 2 minutes between sets
SAT	05/09	
		WINTER RULES. WEAR WHITE OR YELLOW SO THAT YOU CAN BE SEEN BY MOTORISTS
MON	07/09	Meet 7.15 ready warmed up down from Smith and Western. Two up and down + 1 min for 20/25 mins
WED	09/09	TRACK. 1200, 2 x 800, 4 x 400. 2 minutes between each.
SAT	12/09	
MON	14/09	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	16/09	TRACK. 2 x (10 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	19/09	
MON	21/09	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	23/09	TRACK. 3 x (4 x 400m), 1 minute between, 4's, 2 min between sets
SAT	26/09	
MON	28/09	Crawley lane (398m). Meet there 7.15 ready warmed up. 2 up and down with 1 min rest for 20+ mins
WED	30/09	TRACK 2x (4 x 500m) 100m walk/jog back, extra 100m between sets