

TRAINING JULY AUGUST 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	13/07	Meet 7.15 ready warmed up at the back of the walled garden. Rhododendrons route 1 x + 1min rest.
		20/25 minutes
WED	15/07	TRACK. 7 x 600m, 200m jog between
SAT	18/07	
MON	20/07	Meet 7.15 at end of path between the two lakes. 588M circuit. 2 times + 1 minute rest between.
WED	22/07	TRACK 6 x 800m 90 seconds between.
SAT	25/07	
MON	27/07	Meet 7.15 ready warmed up down from Smith and Western. Two up and down + 1 min for 20/25 mins
WED	29/07	TRACK. 1200, 2 x 800, 4 x 400. 2 minutes between each.
SAT	31/07	
MON	02/08	Meet 7.15 ready warmed up back of walled garden. 2 x 600m circuit + 1 minute rest for 20/25 mins.
WED	04/08	TRACK 12 x 300m, 100m jog/walk between
SAT	07/08	
MON	09/08	Meet 7.15 back of Walled Garden. Circuit of Lake from there. When completed walk to start of 80m sprints. 2 x (5 x 80m) 10 secs after 80's, walk 80m between sets. Walk to start of '800m' 1 x '800m'
WED	11/08	TRACK. 2 x (6 x 400m), 1 minute between, 4's, 2 min between sets
SAT	14/08	
MON	16/08	Meet 7.15 ready warmed up. 1 x Rhododendrons route = 1 min. for 20/25 mins.
WED	18/08	RACK 2x (4 x 500m) 100m walk/jog back, extra 100m between sets