TRAINING NOVEMBER DECEMBER 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

		WINTER RULES. WEAR WHITE OR YELLOW SO THAT YOU CAN BE SEEN BY MOTORISTS
MON	16/11	Meet 7.15 ready warmed up down from Smith and Western. Two up and down + 1 min for 20/25 mins
WED	18/11 /	TRACK. 7 x 600m, 200m jog between
SAT	21/11	Sussex League at Bexhill.
MON	23/11	Met at bus stop opposite doctors in Furnace Drive. Usual 800's taking in Loppets Road and Weald Drive
WED	25/11	TRACK 6 x 800m 90 seconds between.
SAT	28/11	
MON	30/11	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	02/12	TRACK. 1200, 2 x 800, 4 x 400. 2 minutes between each.
SAT	05/12	Sussex Cross Country League. Stanmer Park.
MON	07/12	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	09/12	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	12/12	
MON	14/12	Mount Close (520m) Meet 7.15 ready warmed up. Tempo run 20 minute
WED	16/12	TRACK. 3 x (4 x 400m), 1 minute between, 4's, 2 min between sets
SAT	19/12	
MON	21/12	Meet 7.15 ready warmed up at the conjunction of the Glade and Furnace Drive.
		1 x The Glade (870m) + 1 min rest for 20/25 mins.
WED	23/12	TRACK 2x (4 x 500m) 100m walk/jog back, extra 100m between sets

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