

TRAINING JANUARY FEBRUARY 2023 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 7.20 pm.Be warmed up and ready to go

		WINTER RULES. WEAR WHITE OR YELLOW SO THAT YOU CAN BE SEEN BY MOTORISTS
MON	16/01	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	18/01	TRACK. 2 x (5 x 500m), 1 minute walk/ jog back. Extra minute after 5 th 500m
SAT	21/01	Sussex Masters XC Championships, Coombe Farm
SUN	22/01	
MON	23/01	Meet 7.15 ready warmed up. 200m hill down from Smith and Western. 2 up and down + 1 min. For 20 minutes
WED	25/01	TRACK. 6 x 800m, 90 seconds between
SAT	28/01	South of England XC Championships, Beckenham.
SUN	29/01	
MON	30/01	Meet 7.15 at the bus stop half way along Furnace Drive. The usual 800's for 20 minutes
WED	01/02	TRACK. 4 x 1200m, 2 minutes between
SUN	05/02	Chichester 10k
MON	06/02	Meet 7.15 ready warmed up half way up Crawley Lane. 1 x 398M hill + 1 minute for 20/25 minutes
WED	08/02	TRACK. 1200M, 2 x 800m, 4 x 400m, all +2 minutes recovery
SAT	11/02	Sussex XC League. Venue to be decided.
MON	13/02	
WED	15/02	TRACK. 12 x 300m, 100m walk/jog forward.
SUN	19/02	
MON	20/02	Mount Close (520m) Meet 7.15 ready warmed up. Tempo run 20 minutes
WED	22/02	TRACK. 2 x (6 x 400m), 1 minute between, extra minute between sets.
SAT	25/02	English XC Championships, Bolesworth Castle, Chester / Brighton 'Half' on Sunday
MON	27/02	Kingscote Hill (579m), Meet 7.15 ready warmed up. Twice round + 1 minute rest for 20/25 minutes
WED	01/03	TRACK. 2 x (4 x 800m) 2 minutes after 8's, 3 minutes between sets.

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