

## Silson Senior Circuit Training Tuesday March 30<sup>th</sup>

### Sponne School Towcester

The Sponne School sports Hall will be free on Tuesday March 30<sup>th</sup> as the juniors are joining the seniors at the circuit on Wednesday 31<sup>st</sup> for a 1.6 mile race.

So the plan is to put on a circuit session for seniors of all ability.

We will start with a 2 mile warm up run, followed by mobility work. The circuits will take the majority of time we are in the hall, finishing with core body work and stretching.

As with the juniors we will meet at 6.30pm and go for our run etc. The sports hall is ours from 7pm to 8pm, we normally finish about 7.50pm.

Please note this will not be suitable for our runners who are in the final few weeks of their Marathon training.

Look forward to seeing you there

Graham