

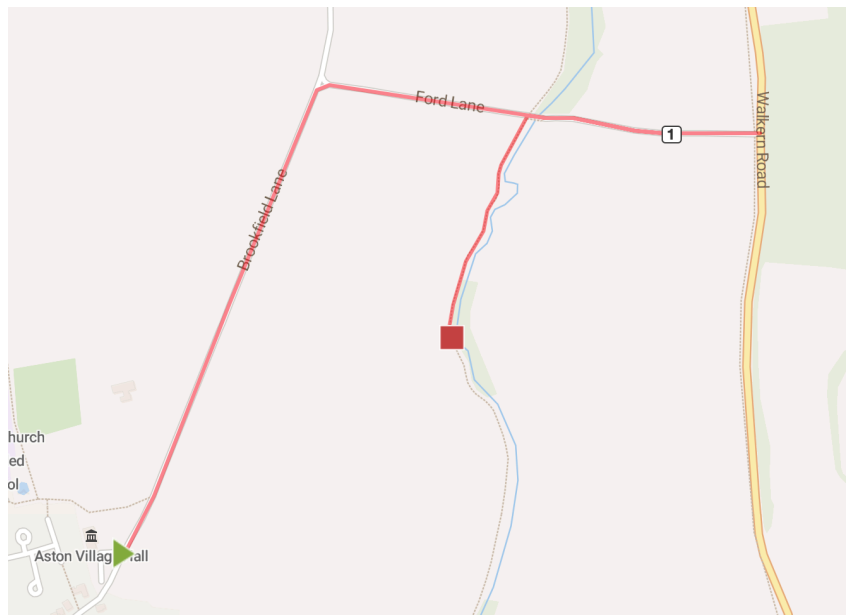


Aston hills session

The objective of this session is to work on developing your running strength, endurance and technique using hill efforts.

This session is open to all abilities who can run continuously for 25 minutes.

The meeting point for this session is Aston Village Hall, runners will use the field to complete 2 warm up laps then re-group, carry out our mobilisations and then run along, together in single file, Brookfield Lane to the start point at middle of Ford Lane where groups will be split into three teams of mixed abilities.



The split groups then move into their start positions which will be on the grass bank and in the middle of the dip of both the hills. Due to the ever increasing numbers of people attending training sessions this has now been modified to make it safer.

Two groups will be set up ready to run up each of the two hills whilst the third group will set up on the grass bank ready to run a flat lap alongside the brook. Once the first person reaches the top of the steepest hill the whistle will be blown loudly for all runners to hear and recover back down the hill or if on the flat decrease the speed and return back to the start. Groups will move round clockwise to take it in turn to attack each hill and enjoy the flat run on the grass. This sequence is then repeated another 4 times,

(time dependent) so that each group ends up running hard up the hill on the Bennington side 5 times AND the Aston end side 5 times (total of 10 hill sprints).

The run leader will stand and watch at the bottom of the hills ready to blow the whistle and watch for traffic also.

As each runner goes up each hill on the first occasion they should be encouraged by the run leader to make a mental note of how far up each hill they go. There are plenty of landmarks in the hedgerows to make this easy to do.

The runners should run up the hills as fast as they can before turning and coming down at a very gentle pace to gain a recovery before making a further hard effort up the other hill. This is a disguised speed session!

Once the session is over, the group will have a gentle jog back to Aston Village Hall and complete cool down stretches.