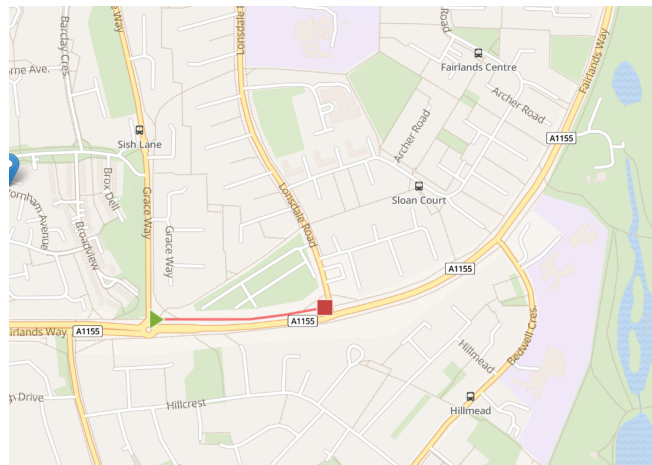




30, 45, 60 sec hill efforts

The objective of this session is to develop a good technique for running on hills whilst running faster than your normal threshold pace, it's all about developing speed.

This session is open to all abilities who can run continuously for 20 minutes.



Meeting point for this session is the totum pole car park at Fairlands Valley. Runners will complete a warm up jog to the starting location at the hill on Fairlands Way that goes from the junction of Grace Way up to the junction with Lonsdale Road.

Runners will set themselves up at the underpass with faster runners at the front and on the run leaders instruction runners run hard up the hill for 30 seconds then turn and jog slowly down the hill to the bottom then turn and run hard up the hill for 45 secs before turning and jogging to the bottom, turning and running hard up the hill for 1 minute before turning and returning to the bottom of the hill. The recovery will be your slow run back down the hill and the last ones ones are given an extra 20 seconds recovery when back before setting off up the hill again. This pattern of 30/45/60 sec efforts is then repeated another 4 times. See how far you can get up the hill each session and see what you get to next time round.

On the final hill of the the final effort runners will not turn back to go down the hill but all meet at the next underpass, once all back together cool down stretches are carried out then a slow jog back to the car park.