



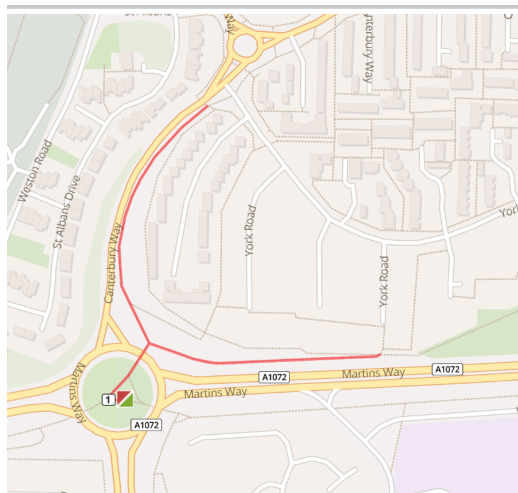
Wishbone Hills

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 20 minutes.

For this session we meet at Hampson Park car park and will have a slow jog down to the second underpass on Grace Way. Once the runners are warmed up mobilisations are done and the session is explained.

The session starts by running up Canterbury Way until the crossing, the runners then turn around, run back down towards the start of the session and then run back up Martins Way, turn at the peak of the hill and then back down to the starting triangle and that is one set complete.



Runners start off with the fastest first and should aim to run 3-6 sets at Kenyan Style Running (same pace up as down the hills) during the 25 minute time duration. The run leader will keep you updated when getting close to the end of the effort time.

If the group size is high for this session, the group can be split into two with one group going up the first hill up Canterbury Way and the other group can start by going up the hill up Martins Way. Both groups will complete the same shape of the horseshoe and complete as many reps in the time as they can, splitting the group ensures safety of our runners and other path users.

Once the session is complete, runners will gather at the starting point at the underpass, carry out cool down stretches and then a gentle jog back to the car park.