



Touch and Turn

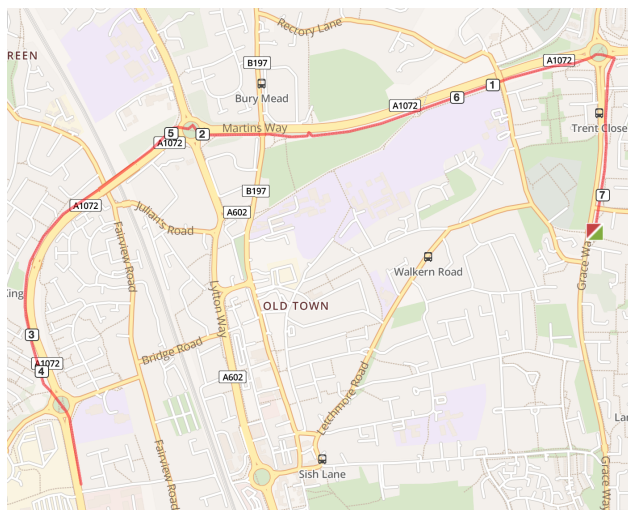
The objective of this session is to build up your continuous running within a group dynamic at a constant pace for an undulating course.

This design is designed for anyone who can run 5k continuously.

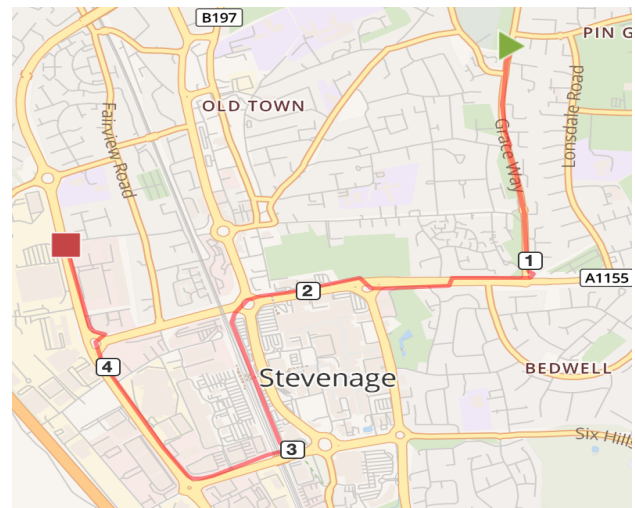
For this session we meet at Hampson Park car park and will have a slow jog down to the first underpass on Grace Way. Once the runners are warmed up mobilisations are done and the session is explained.

The normal speed endurance groups are condensed for this session, the Muntjacs and Roes become group 1 and the Fallows and Gazelles become group 2. Both groups start their run from the underpass and take 2 different routes out (see below). Group 1 will head out along Grace Way towards Martins Way and head down the hill, go under the roundabout and head along Gunnels Wood Road aiming for the turn point on the other side of the road to Costco (or thereabouts). Group 2 will go the other direction, head down Grace Way, down Fairlands Way, left at the underpass past Aldi and along the footway along side Stevenage Train Station, up Six Hills Way then right onto Gunnels Wood Road, where like group 1, will run along here towards the turn point on the opposite side of the road to Costco.

Group 1:



Group 2:



Along Gunnels Wood Road the two groups should meet, the runner at the front of each group will high 5 and the groups turn and retrace their steps back to Hampson Park (ONLY THE FRONT RUNNER NEEDS TO MEET THE OTHER GROUP). Once the runners have turned the rest of the groups follow, as soon as runners within your group come across each other, they then turn and follow them back in. The return is up hill and one of the challenges with the

session is maintaining a consistent pace downhill and uphill. Runners should be aiming to maintain their pace at or below lactate threshold.

At least two run leaders will be in each group to make sure people turn when they need to and to lead from the back so no runners are left behind. Every runner will clock up a different distance as there will be a variety of paces and abilities throughout so don't worry what anyone else is doing, just make sure you turn when the person in front of you starts heading back.

Once all have returned back to Hampson Park runners will regroup and stretch off.