

## **Session: 1k Loops**

Warm Up: Make way to the King Bill pub on Chew Valley Road

Main Session: 1km loops of Greenfield. Start at the King Bill pub, run along Chew Valley Road to the Clarence and turn right on to Manchester Road, back towards Mossley. The 1km rep ends at Oak View Road. You can then jog along Oak View Road, past the playground, back to the King Bill. The second rep starts at the King Bill. This is a similar session to the mile loops (although they go left past Greenfield Chippy rather than past the playground).

6-8 laps depending on the group.

Cool Down: Make way back to Churchill

Coaching / Safety Points:

- You need to cross Chew Valley Road in between each lap, encourage runners to start their reps on the opposite side of the road so they can take their time to cross
- Runners then need to cross again near the Clarence, the road is straight enough to check for traffic but encourage runners to take care.
- There is a short section of Oak View Road without pavement and if the path next to the park is busy, runners will need to run on the road
- Each 1km rep should be evenly paced at 5-10km race pace