

Session: Chapel Road Lamp posts

Warm Up: Leave Churchill and run to the Tesco / Greenfield end of Chapel Road

Main Session: The first rep starts at the Greenfield end of Chapel Road and is to the furthest lamppost. Jog back to the start. Rep 2 is to the second furthest lamppost. Jog back to the start. Third rep is to the third furthest. Continue until the final rep is just to the first lamppost.

Cool down: Reverse of warm up

Coaching / Safety Points:

- The variety of distance means this is more interesting than a standard intervals session
- Don't do the first reps too fast because the first 4 / 5 reps all feel long. Keeping a consistent speed should be easy in theory because the reps get shorter as you get more tired.
- Encourage returning runners to keep out of the way of outgoing runners (everyone keep right)
- Slower runners may want to miss out the first one-two reps, this should mean everyone finishes at once
- Faster runners can begin to go 'up' the other side of the pyramid if they finish significantly earlier than other runners