

Greenfield Hills Session Plan

Session Introduction:

- Gather all runners together
- Check for new runners, welcome, introduce etc
- Check for injuries / fitness concerns (address if necessary – probably shouldn't be doing the session if any concerns!)
- Explain session – what will we be doing and why

Warm Up:

Steady jog out from Cricket Club to Friezland Lane (by old Cooperative building on Manchester Rd). Ensure everyone has regrouped before introducing next part of session.

Main Session:

3 x set of reps on the following hills:

- Friezland Lane (starting by the old Cooperative Building on Manchester Rd), good stopping point is last house on left before it opens up into open countryside.
- Tunstead Lane, start approx. 50m up the hill where the road widens on the left, finish where Hollins Lane joins it from the right.
- Tunstead lane, further along the road where Boarshurst Lane drops off to the left, you start the final set of reps at the junction and go back up the hill (the way you came) to where the lane branches off to the left. Only a short rep this one but a toughie.

Recovery is a jog down to the start of each hill and then between hills. You can simply run them all at your own pace or mix it up by getting people of similar paces to run in pairs, or by starting quicker runners last and trying to chase those ahead down.

Cool Down:

Steady jog back to the cricket club. Try and encourage runners to carry out static stretching back at the cricket club to promote recovery, increase flexibility and in turn running efficiency.

Coaching Points / Session Goals:

Try and encourage runners to run each hill at a pace which will allow them to run the final hill as hard as the first one in order to get the most out of the session. Focus on form (not overstriding, knee lift, good arm use, high cadence, core strength). This session will increase lactate threshold and improve form allowing us to run faster, for longer through more efficient running.