

SRC Quality Session: Long Hill Reps - Hill Reps With a View

Note – only for early autumn / late spring or headtorches required

Session Introduction:

- Gather all runners together
- Check for new runners, welcome, introduce etc
- Check for injuries / fitness concerns (address if necessary)
- Explain session – what will we be doing and why

Warm Up:

Run to the bottom of Ladcastle Road (near Greenfield train station)

Main Session:

First rep is from the bottom of Ladcastle Road to the golf club entrance on the left (approx. 1 mile). Regroup here. Recovery jog continues along Ladcastle Road towards Dobcross, stopping at the other end of Ladcastle Road, where it meets Dobcross New Road. Second Rep is back up to the golf club entrance, regroup. Repeat x 2 (so 4 reps in total, 2 in each direction).

Cool Down:

Reverse of warm up.

Coaching Points / Session Goals:

- Runners will need to bring headtorches and high vis unless it's a particularly nice evening at the start or end of the winter sessions when there is more light
- The reps are long so ensure runners don't go off too hard
- If there are runners of differing ability, encourage faster runners to run up the golf club approach road and back while they wait (this adds a third, shorter rep per set).
- Don't forget to admire the views!