

## **Session: Limekiln Reps**

Warm Up: Leave Churchill and make way to Limekiln Café, through Uppermill

Main Session: Alternating hills and flat reps. First rep is from the bottom of Brownhill Lane (opposite the Limekiln), up to the top, where there's a newer house and an access road on the right hand side. Jog back down to the bottom. Second rep starts at the Limekiln, goes past the garden centre on Dobcross New Road to the mini roundabout. Recovery is jog back to the Limekiln. Repeat x4.

Cool Down: Make way back to Churchill

Coaching / Safety Points:

- The ability in the group may dictate the number of reps.
- Brownhill Lane is quiet and lit but single track, ensure runners are aware of cars
- Encourage runners on their return to keep out of the way of outbound runners
- Be mindful of other pavement users on Dobcross New Road