

Lydgate Hills Session Plan

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:

Steady jog out to the bottom of Chapel Road prior to regrouping and introducing the main part of the session.

Main Session:

Four hill reps:

- 1st rep – From the bottom of Chapel road up to the top turn left and then up Oldham Road to your next left i.e. the turn off for Greenfield Train station
 - o Recovery: jog up to the Farrars
- 2nd rep - Farrars to Lydgate junction
 - o Recovery: down Quick Road to the junction with Stockport Rd
- 3rd rep – From junction back up to Lydgate junction
 - o Recovery: down to Grotton (by the Co-op junction)
- 4th rep – From Grotton back up Oldham Rd to Lydgate junction

A couple of these reps involve road crossings, ask runners to ensure they take due care when crossing.

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:

This is a speed endurance session, all efforts should be run at a pace that can be sustained to the top of the hill throughout the session. Great for building speed endurance, strength and increasing lactate threshold.