

## **Mossley 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 the bottom of Mill Lane. Take care crossing the main road, head underneath the railway bridge and regroup at the bottom of the hill before introducing next part of session.

### **Main Session:**

3 x sets of short reps and one long one on the following hills:

- 3 x Mill Lane, effort to the top, jog back down. After 3<sup>rd</sup> rep, slow jog on to the bottom of...
- 3 x New Earth Street, again effort up, jog back down. Then slow jog down to the bottom of Roughtown (where it meets Manchester Rd)
- 3 x Roughtown, each rep is slightly different... 1<sup>st</sup> is up to where it meets Carr Hill Rd. Followed by a minute recovery (get them to keep moving), 2<sup>nd</sup> is the top half of Roughtown, past the community center up to Stockport Rd, you then have a recovery jog back down to Carr Hill Rd, 3<sup>rd</sup> rep is up Carr Hill Rd (towards the Rising Sun), stopping when you hit Stockport Rd and staying up there
- 1 x Quick Rd, final effort is a long rep up the hill to Lydgate.

Make sure they take their recovery jogs both back down the hills and then between the sets, will allow them to get the most out of the efforts which is the whole point of the session! 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 they will be able to sustain throughout the session, there's no point smashing the 1<sup>st</sup> rep and jogging the rest! 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.