

## **SRC Quality Session: The Fork**

### **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 New Bridge Inn on Micklehurst Road.

### **Main Session: Long Hill Reps**

All reps start from the cross roads of Micklehurst Road and Station Road next to the pub. The efforts are the three hills that go from this point which look like three prongs of a fork in shape.

1. Staley Road (to the right of the crossroads and up the side of Raja Bro's)
2. Micklehurst Road (straight ahead)
3. Station Road / Winterford Road (to the left)

The top of all the reps is where the hill meets Huddersfield Road (the main road which Mossley Hollins is on). All reps are quite long and quite steep so it's a challenging session. Tell everyone to stop at the top of the third rep.

### **Cool Down:**

From the top of the third rep, run past Mossley Hollins and the Royal George, back to Churchill.

### **Coaching Points / Session Goals:**

- All roads are street lit
- Pair people up in to similar abilities and encourage them to re-group / recover from each rep together to save the whole group waiting.
- There are only three reps but they're long and quite steep so encourage runners to pace themselves.