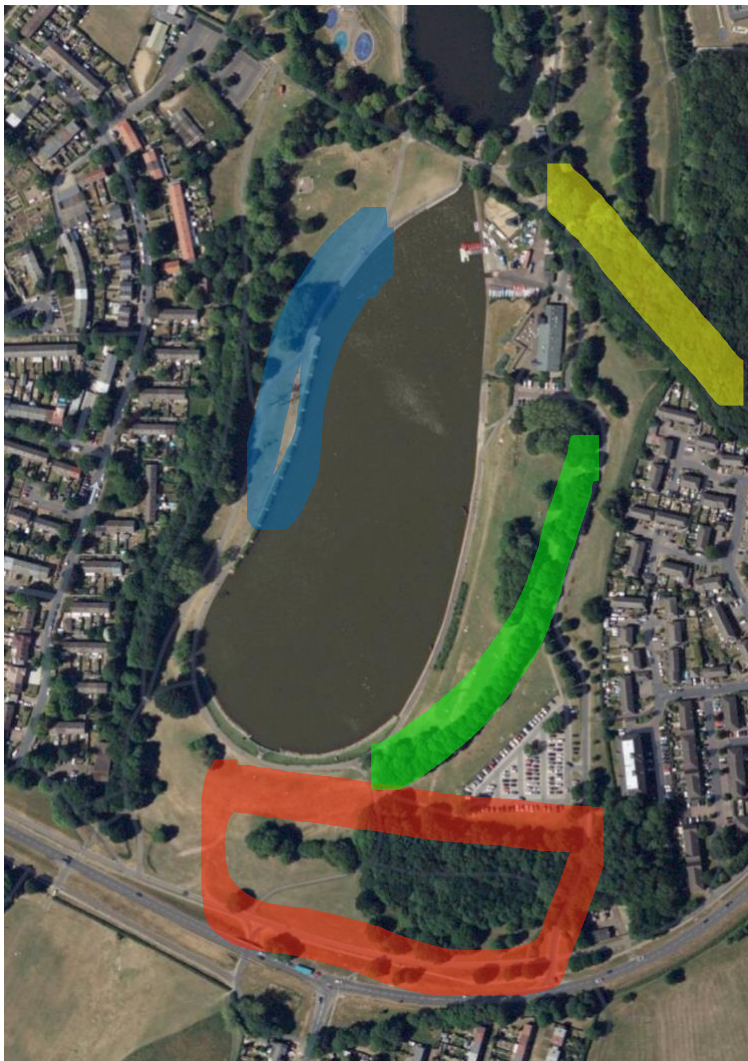


4x4 training session

Objective of the session: developing strength and good technique on hills whilst improving overall speed and technique.

Who is it suitable for: anyone who has been running long enough to be able to run for at least 30 minutes continuously

What does the session consist of? Firstly we will warm up for at least 800m so that runners are ready for the session. The session uses four different points within Fairlands Valley to make the best use of hills and relay points. Each mini session is short but intense.



Run leader notes

The session consists of 4 different exercises with 4 repeats within each exercise.

The group of runners complete mobilisations on the grass area adjacent to the car park. Warm up consists of one anti clockwise loop of the large lake, meeting at the end looking down the large grass slope by six hills way.

Red loop – run in a clockwise direction along the pathway, through the woods and up the grass hill. Runners take a 1-2 min recovery and then repeat. Repeat a total of 4 times. Ensure

Move on to the green loop.

Green loop – hill sprints up the avenue of trees. The run leader places 4 marker cones by the trees on the left. The first should be at least 100m away and subsequent cones two trees apart. The runners sprint to the first cone, turn left and take a slow jog to the start. Sprint up to the second cone, turn left and a slow jog to the start. Repeat for cones 3 and 4. The run should be continuous with no standing recoveries.

Move on to the yellow loop.

Yellow loop - this utilises the footpath after the café/boathouse complex that leads up to Brittain Way. There are lampposts on the left at intervals. Using 4 marker cones mark the first lamppost that is 100m from the bottom of the hill and then each of the next 3 lampposts. The runners complete the circuit in a similar manner to the green loop, running up the hill hard, returning and using a slow jog recovery.

Move on to the blue circuit.

Blue circuit – this utilises the loop of footpath adjacent to the large lake. The loop has waste bins at either end of the loop and also along its edge by the lake and by the grass. Place a marker cone at each of the bins either end and by each of the bins half way in between on the lake side and the grass side. A total of 4 cones have been placed roughly equidistant. Two runners stay at the first bin and then a runner goes to each of the other three marker cones. Once they are all in place the first runner of the pair sets off at a sprint to the next bin, as they get within 10m of the bin the runner stationed there sprints to the next bin. As they get within 10m of the bin the runner stationed there sprints to the next bin. This chain reaction (shuttling) continues until each runner has returned to their starting bin for the fourth time. With larger groups of runners overall simply enlarge each of the shuttle groups.

It is important that all runners in the group warm down with a slow jog back to the car park around the large lake from the blue circuit.

Stretch off using a selection of static stretches.