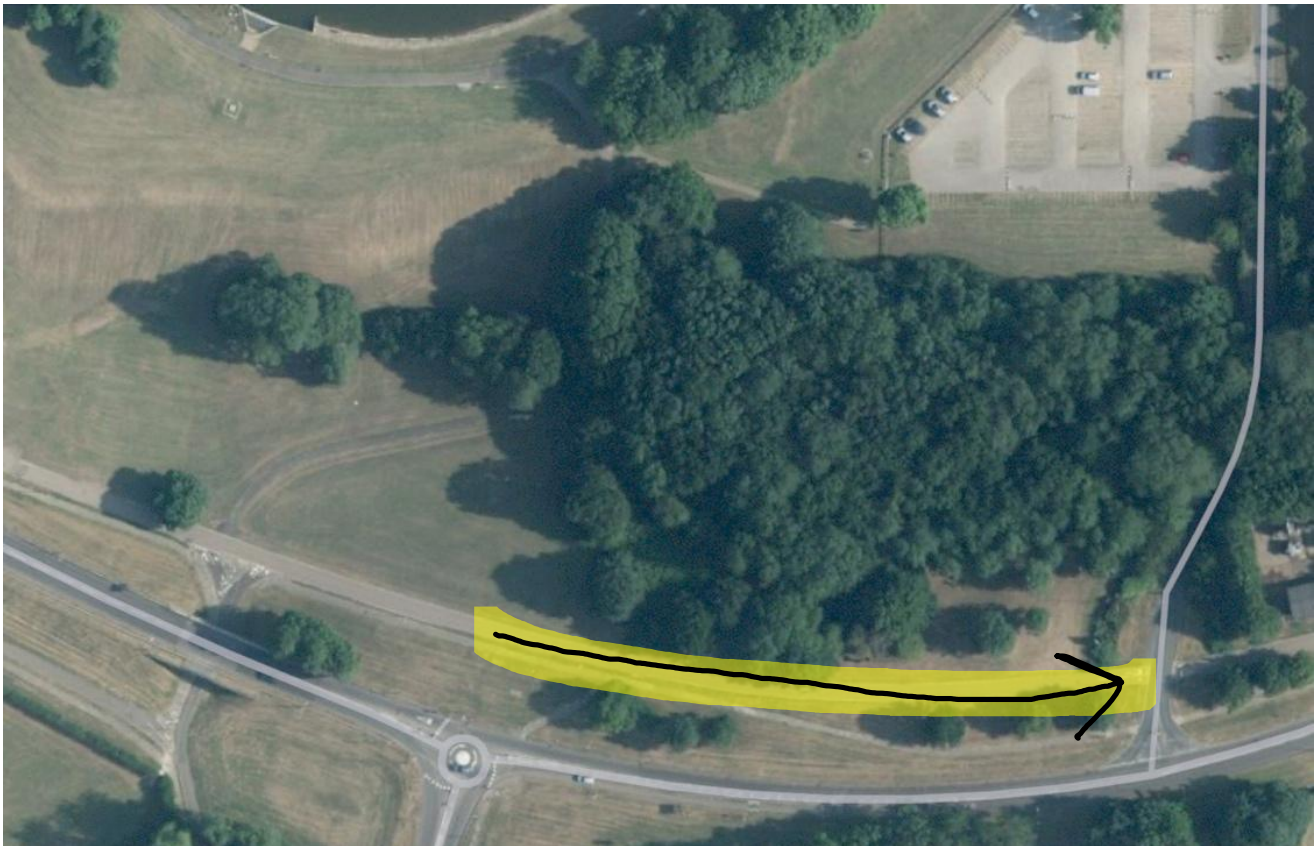


200m hill sprints

Objective of the session: developing good technique on hills whilst running faster than threshold pace. This session is about developing speed and neuromuscular technique.

Who is it suitable for: anyone who has been running long enough to be able to run for at least 25 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 . We use the hill on Six Hills Way. Starting adjacent to the lamppost opposite the under pass at the foot of the hill runners run as fast as possible to the top of the hill (lamppost 6) towards Shephall Way. The recovery consists of each runner WALKING down the pathway to the foot of the hill. The recovery should be at least 4 minutes but no more than 6 minutes.



Notes for run leaders

This session is designed as a disguised speed session and is strenuous. In order to get the most from the training session the runners need to be prepared to run as fast as they can up the hill but must walk down on each recovery.

Meet the runners in the car park and go through mobilisation exercises on the grass adjacent to the car park. Warm up by taking a slow run across the Showground to Six Hills Way.

The session consists of each runner running up the hill between the bottom and top (near the road edge leading into fairlands valley car park) as fast as they can. At the top they turn and WALK down the hill to the bottom. Each recovery should be a minimum of 4 minutes and a maximum of 6 minutes. Runners need to keep moving on their recovery. Each runner is asked to

complete 6 hill efforts. It's very important at the end of the session that each runner completes a slow jog warm down run back to the Showground car park.