

Wishbone hills

Objective of the session: developing running strength, endurance and technique using hill effort repeats.

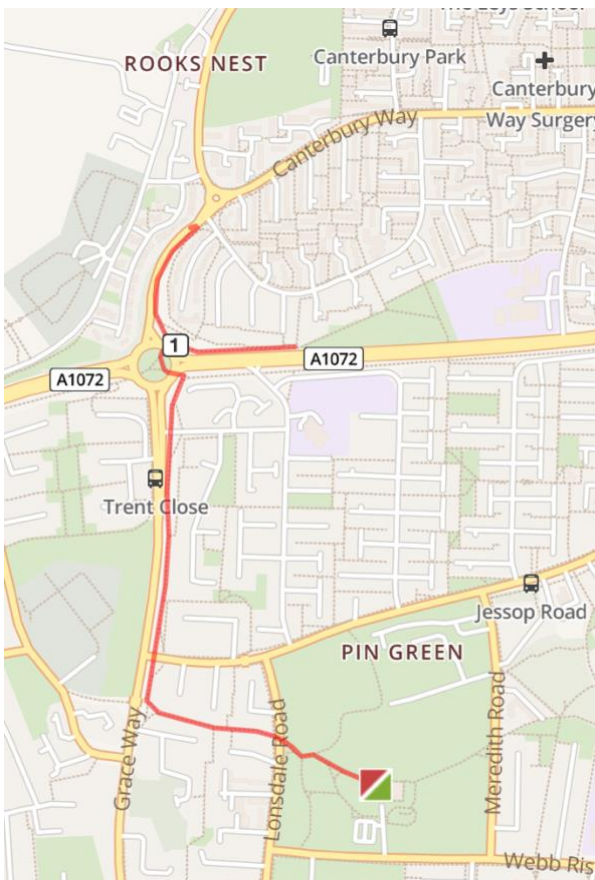
Who is it suitable for: anyone who has been running long enough to be able to run for at least 25 minutes continuously

What does the session consist of? Firstly we will warm up for at least 800m so that runners are ready for the session. The club uses the hills radiating from the underpass complex at the junction of Canterbury Way and Martins Way.

The warm up is from the car park to the underpasses at the junction of Canterbury Way and Martins Way. Starting from the underpass, we run up the hill on the left hand side until we reach the cycle posts at the edge of agora Road. Turn and go down and pass the underpass going up the hill to the cycle posts. Turn and when you get back to the underpass turn left to go through it and do a turn around the paved triangle in the centre of the underpass complex. Repeat the circuit. The repeats continue until the end of 25 minutes.

Runners should count how many complete and partially complete circuits of the two hills and triangle they complete so they have a target to aim to beat next time.

Runners should complete the session Kenyan style i.e. the pace up and down each hill effort should be similar. They run continuously for a total of 25 mins.



Notes for run leaders

Meet the group of runners in the car park at Hampson Park. Complete a set of mobilisations with them before taking a slow warm up run to the Grace Way/Canterbury Way junction.

Use your stopwatch to time 25 minutes (the total time the runners will be running).

The run leader should move around the circuit giving the runners encouragement but also giving them time updates. It's suggested that the runners should be told how long they have been running for at regular intervals until they get to 13 minutes completed. Then provide updates on how long is left to run to motivate them to the finish.

Take a warm down back to the park keeping the group together. Ensure that static stretching is completed when you get back to the park.