

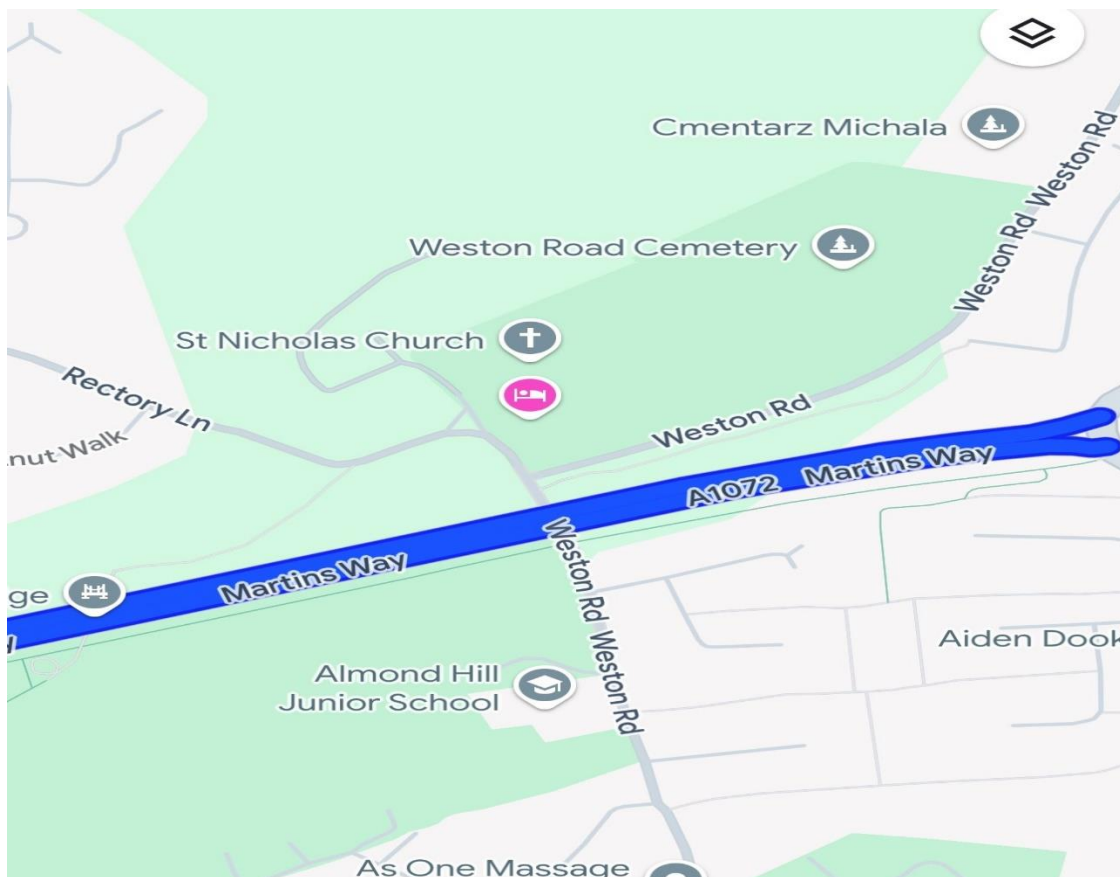
30-45-60 seconds hill session

Objective of the session: developing neuromuscular technique, running strength and pace using hill efforts.

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 hill from the curly wurly bridge on Martins Way.

The group start together and initially run hard for 30 seconds up the hill. The run leader blows the whistle and the group turn and go down the hill at a slow jog. The group should return to the start together. They immediately turn and run up the hill hard for 45 seconds before the whistle is blown again. The group turn and return to the start slowly before immediately turning and running hard for 60 seconds. They then turn and return. That is one set. This routine is repeated for another 4 sets. The aim is to equal or beat the distance they cover for each of the 30-45-60 second effort.



Note for run leaders Meet the group of runners in the car park. The warm up consists of a slow run following the pathway and then cycleway to the junction of Grace Way and Martins Way. Carry out mobilisation exercises at the curly wurly bridge. Runners can deposit their drinks there too.

Copyright Stevenage Phoenix Running Club 2022. All rights reserved. Use your stopwatch to time each 30, 45 and 60 second effort. So that runners get the most from the session keep encouraging them to run hard up using good upright technique, square hips and fast feet. This session will help

focus on improving leg cadence. If the group are spreading on the way back down to the start encourage the slower runners to aim to go further and faster up the hills and encourage the faster runners to come down a little quicker! When 5 sets have been completed and the runners are at the bottom of the hill, do one last effort in a loose handicap order (slowest runner first) with the aim of getting the group to the top of the hill at a similar time. Slow jog cool down back to the car park from there. Static stretches.