

# LOVEtoRUN COACHING

Keswick AC training details WB 12.10.20

## Option 1

**Headtorches probably needed if training in evening!**

Attacking a hill from varied gradient.

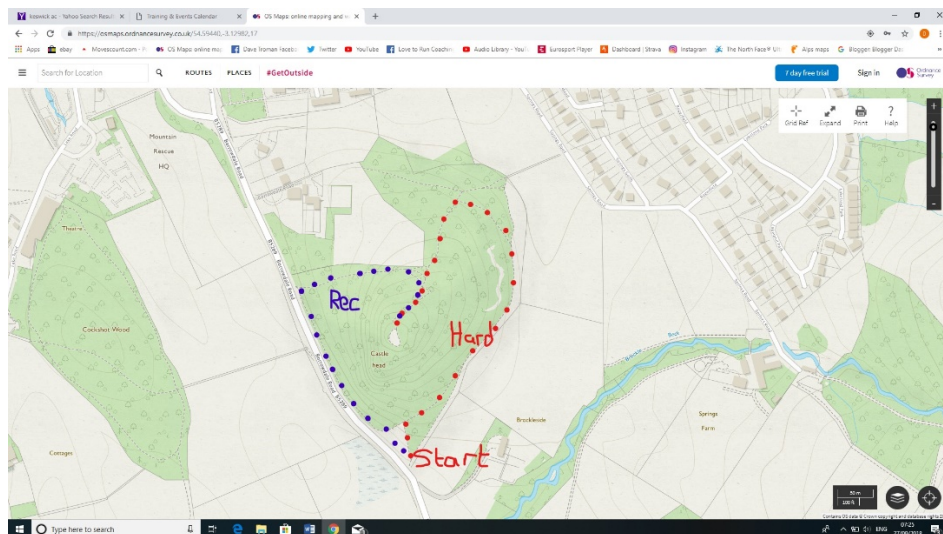
Easy run out to Castlehead Woods with a few surges for a warm up, include some dynamic stretches. If some runners do not know the woods, you could include a run around the route within the woods too.

Start at southern tip of Castlehead Woods, near Borrowdale Road.

Hard rep, anti-clockwise to top of Castlehead (stop just short of rock scramble at top).

Recovery is easy jog back to start to complete anti-clockwise loop.

Aiming for 40-45 mins for the session. Approx 2 mins recovery between reps.



# LOVEtoRUN COACHING

Keswick AC training details WB 12.10.20

## Option 2

Short road loop round town – **Hi-Viz tops required!!!**

Easy run (with some 1 min surges and dynamic stretches) round park for a warm up.

Pyramid session.

1 min hard, 1 min recovery.

2 mins hard, 1 min recovery.

3 mins hard, 2 mins recovery.

4 mins hard, 2 mins recovery.

4 mins hard, 2 mins recovery.

3 mins hard, 2 mins recovery.

2 mins hard, 1 min recovery.

1 min hard, 1 min recovery.

Turn around to regroup as best you can after each rep.

