



Keswick AC training details for WB 26.10.20

Option 1

Race pace with surges in Fitz Park, HEADTORCHES.

Warm up with an easy run, add some surges and some dynamic stretches.

4 minutes reps round the park; 3 mins at 10km race pace then finish with 1 minute at slightly faster “race finish pace”.

6 repetitions in total.

3 mins recovery.

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Option 2

Top end speed. Lakeland Park, road, **HIVIZ TOPS**.

Warm up with an easy run, add some surges and dynamic stretches.

1 min hard with jog back recovery.

3 options available for each rep:

- Flat
- Uphill
- Over brow and down hill

Each athlete can plan their own session:

- Rotate to a new route after every rep
- Rotate to a new route after two reps
- Rotate after a set of say 4 or 5 reps
- Concentrate the whole session on one route (or two)
- Freestyle and run routes as you feel

Full session last 40 or 45 mins depending on time availability.

