

LOVEtoRUN COACHING

Keswick AC training details W/B 5.10.20

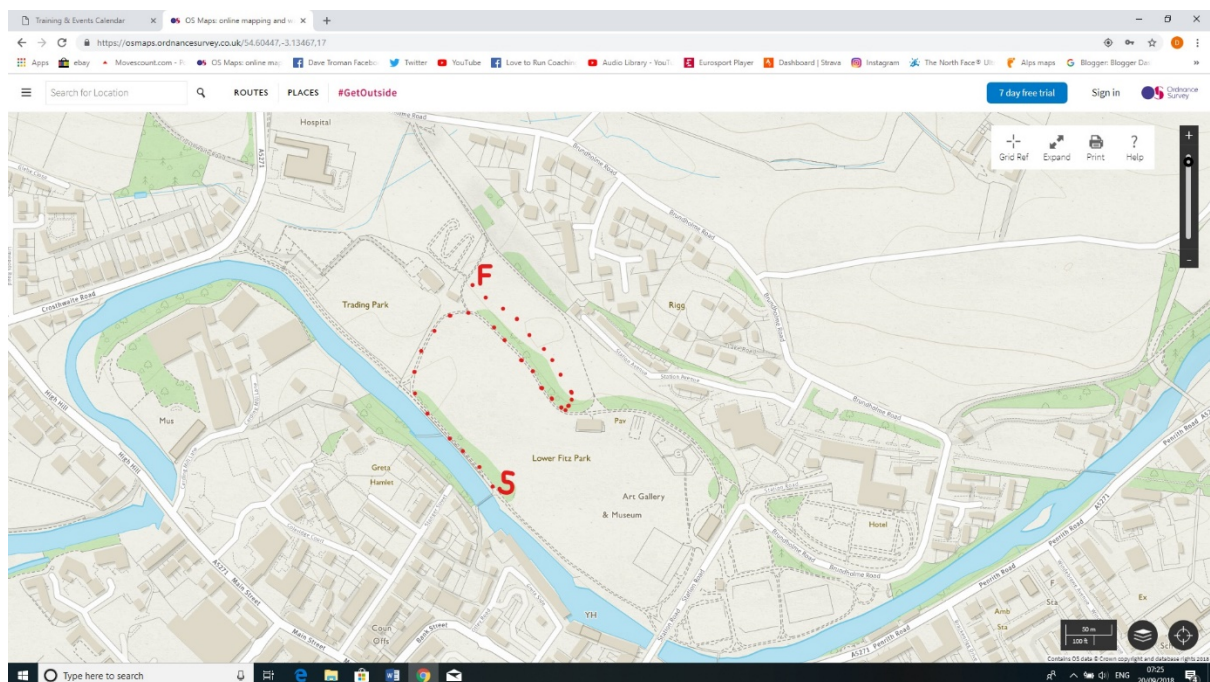
Option 1

Hill Attack reps in Fitz Park, possibly need headtorches towards the end.

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

Start by the footbridge, hard rep round path almost to the pavilion, cut up steep bank to top and continue rep along top towards the bike track. Jog/walk recovery back round to start.

40 mins for full session.



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Option 2

Parlauf reps in Cockshot woods, possibly need headtorches towards the end.

Easy run out to start of woods with a few surges for a warm up. If some runners do not know the woods, you could include a run around the two routes within the woods too.

Start at the northern end of the woods. Two variations of loops; right round the edge of the woods and a shorter loop where you cut across the middle path. You can also vary which direction each runner goes around the loops.

This is done as a Parlauf exercise. In pairs, you set off in opposite directions around a loop, when you meet, you return back the way you came.

Two minutes recovery back at the start/finish point. Everyone changes to a new partner, vary the direction and which loop.

Repeat for 40 or 45 mins.

