



## Keswick AC training details W/B 16.11.20

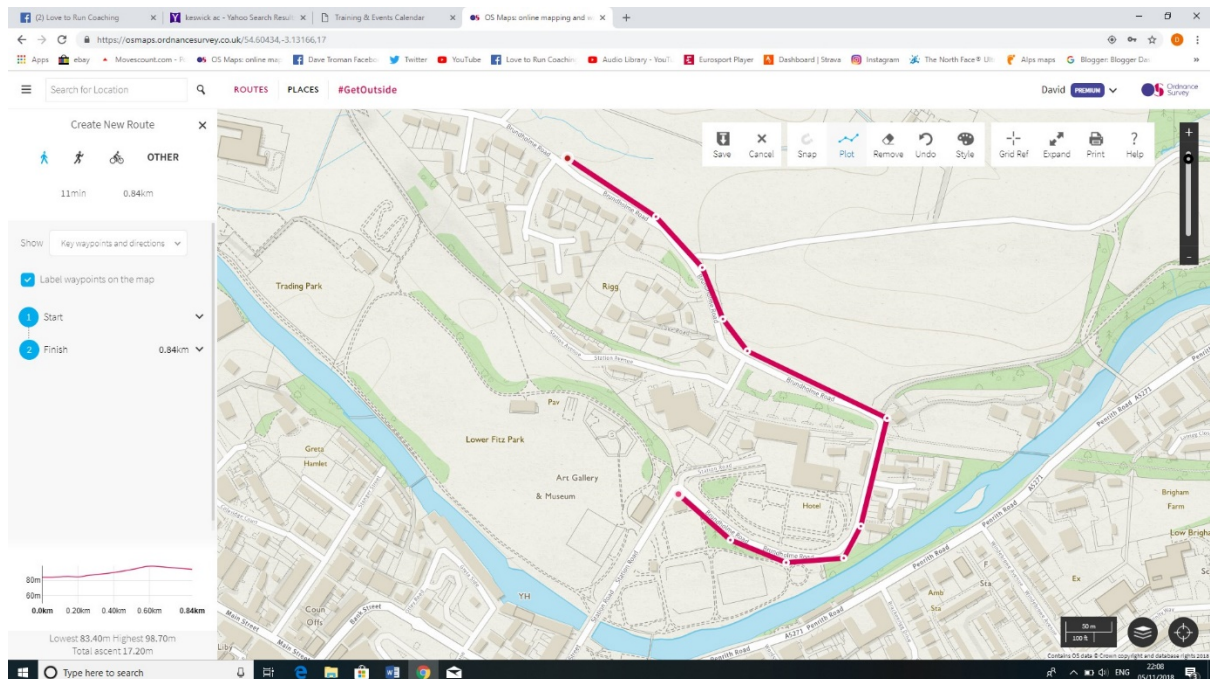
### Option 1

Top end speed. Brunholme Road from end of Station Road. **HIVIZ TOPS and HEADTORCHES if dark.**

Easy run with a few surges and dynamic stretches for a warm up.

[1 min hard, 1 min recovery, 2 mins hard, 1 min recovery, 3 mins hard, 1 min recovery] x 3

1 and 2 min reps head out round Brundholme Road towards Briar Rigg. 3 min rep is done back towards the start.



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### Option 2

Short reps in Cockshot woods, will need **HEADTORCHES** if dark.

Easy run out to start of woods with a few surges and dynamic stretches for a warm up.

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 you run around the loops.

Run each rep hard (@ 80-90% effort). Two minutes recovery back at the start/finish point. Vary the direction and which loop.

Repeat for 40 or 45 mins.

