



Keswick AC training details W/B 2.11.20

Option 1

Top end speed. Can be done on any flat'ish section of road, grass or very smooth trail. HIZ TOPS on road if dark or HEAD TORCH if off road in dark.

Easy 10 min run (with some 1 min surges and dynamic stretches) for a warm up.

[2 mins hard, accelerate to 1 min max] x 7 reps.

2 mins out "hard", turn and accelerate to "max" pace for 1 min back towards starting point. After the 1 min max, jog/walk the remainder of the return route back to the start.

Total recovery time after the end of the rep is 3 mins, giving 1:1 recovery.

LOVEtoRUN COACHING

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Option 2

Top end speed.

Approx. 500m reps with either early hill or late hill.

Springs Road, Ambleside Road, Rogerfield. HIVIZ TOPS if dark.

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

Two different reps of about 500m each

A – Late hill. From Start of Springs Road, along Springs Road and up Rogerfield. Finish at the top of short hill. Jog back recovery.

B – Early hill. From start of Springs Road, up steps on Ambleside Road, turn right into Rogerfield. Finish at the top of short hill. Jog back recovery.

Alternate between the two reps for approx. 40 to 45 mins, which will give about 18 to 20 mins of hard running.



