

LOVEtoRUN COACHING

Keswick AC training details W/B 9.11.20

Option 1

XC reps, approx. 400m on school Howrah's field

Headtorches needed if in dark.

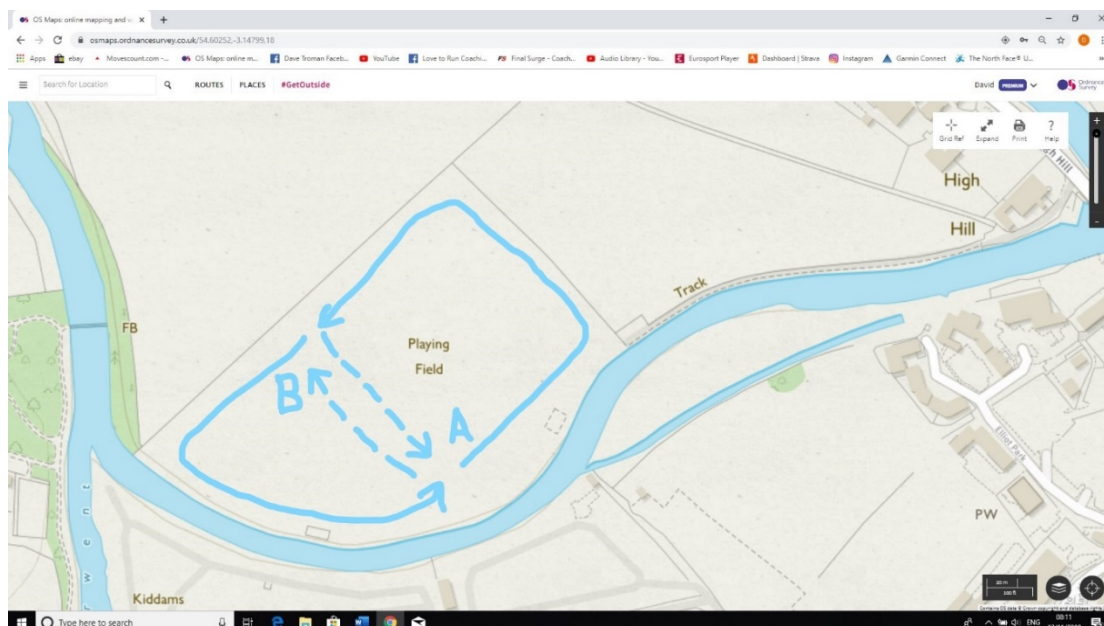
Easy run out to school fields with a few surges for a warm up, include some dynamic stretches.

Can be run as an individual or can be done as a socially distanced pair. As an individual, you can run each rep then recover before doing next rep. If running as a pair, runners A and B start on opposite sides of the field. Runner A hits the rep hard (approx. 400m) going round the field, completing a half lap. A finishes when they meet the waiting B runner. The B runner does a half lap rep continuing round the field. Runner A "recovers" with a jog over the middle of the field, arriving in time to meet B at the end of their rep. B recovers with a jog back over the middle to meet A, etc.

I suggest that after approx. 20 mins, the pair pauses, restarts and changes direction for the reps.

40 mins for the full session.

Hope that makes sense 😊



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Option 2

Top end speed reps, Lakeland Park, **HIVIZ TOPS** if dark.

Easy run out to Lakeland Park with a few surges for a warm up, include some dynamic stretches.

Out and back reps.

1 min out and 1 min back (total 2 mins rep) x 3 with 2 mins recovery.

1:30 mins out and 1:30 mins back (total 3 mins rep) x 3 with 3 mins recovery.

1 min out and 1 min back (total 2 mins rep) x 3 with 2 mins recovery.

Full session is 21 mins of hard running.

