



Keswick AC training details WB 11.1.21

Option 1

Castlehead Woods, other venues with short steep hill can be used.

Weighted hill strength training session outline

The session will be split into three segments: activation phase, weighted resistance hill bounding, freestyle hill reps (either weighted or unweighted).

Please wear a pack with 3% to 5% of bodyweight. A race vest pack is ideal as weight is better distributed, though a bum bag will suffice.

Activation phase (approx. 20 mins)

10 mins of steady running out to session venue

5 mins dynamic stretching

5 mins activation exercises on the FLAT

Lunges

Toe bounces

Bunny hops

Bum kickers

High knees

Bounding strides

Weighted resistance hill reps (approx. 15 mins)

Maximum power "bounding" up hill

Exaggerated arm and leg action

IMPORTANT! WALK downhill recovery 1 to 2 mins between reps

6 to 10 reps of approx. 10 seconds each

Freestyle hill reps (approx. 15 mins)

With or without weighted resistance

Approx. 10 secs of normal running hill rep

WALK downhill 1 to 2 mins recovery

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## Option 2

Mix speed reps, short town road loop, HIVIZ TOPS if in the dark.

10 mins run warm up, with some surges and dynamic stretches.

Out and back reps, start and finish at back of Spa mini roundabout.

3 mins out and 3 mins back (total 6 mins rep) with 2 min recovery.

2 mins out and 2 mins back (total 4 mins rep) with 2 min recovery.

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

This full set repeated twice – total of 24 mins hard running.

