

LOVEtoRUN COACHING

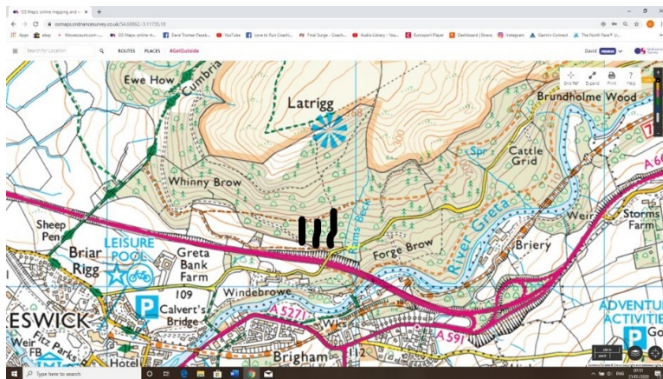
Keswick AC training details WB 18.1.21

Option 1

Weighted hill strength training session outline. Latrigg Woods, other venues with short steep hill will also work.

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

Longer speed session. Approx 900m to 1500m reps.

Rogerfield and Springs Road. HEADTORCHES and HiViz tops if in the dark.

Warm up with easy run and some short surges.

Start at top of steps on Ambleside Road. Long reps goes round Rogerfield, down to Springs Road, out to the end of Springs Road (perhaps the small bridge at the farm), turn and return the full length of Springs Road to Ambleside Road and finish at the top of the steps.

3 mins recovery.

Depending on how long this takes, I suggest 5 reps, though could add on another if required.

