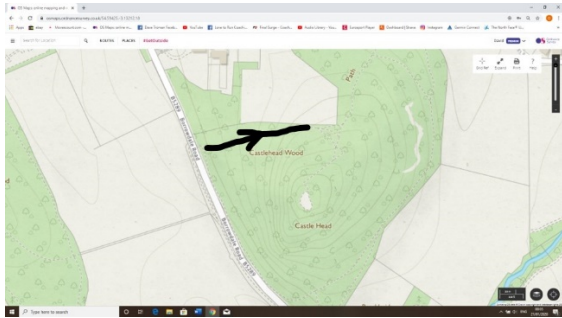


# LOVEtoRUN COACHING

Keswick AC training details WB 25.1.21

## Weighted hill strength training session outline

Castlehead Woods from Borrowdale Road side. Head torches needed if in the dark.



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

Mixed speed session. Short town loop. HiViz tops if in the dark. Could also be done on the old railway if you can find a quieter time.

Easy warm up round Brundholme Road and back via park river path.

Session is [7 mins hard, 2 mins recovery, 2 mins hard, 2 mins rec, 2 mins hard, 2 mins rec] X 2.

Total of 22 mins hard running.

