



Keswick AC training details WB 4/1/21

Option 1

Crow Park (other venues with short steep hill will work too)

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

Mixed speed session. Lakeland Park. HIVIZ tops if in dark.

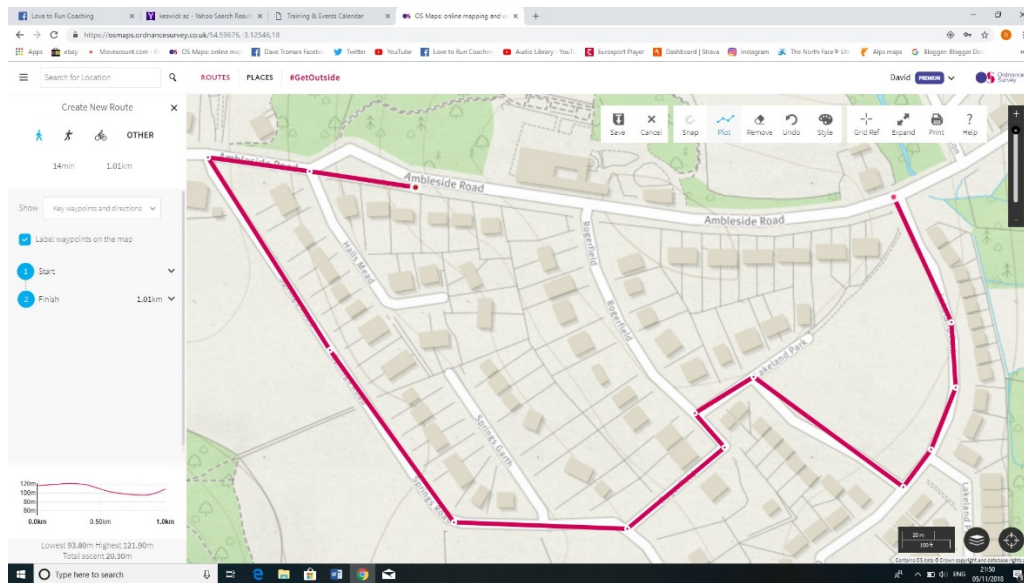
Easy run to warm up with some short surges.

Alternating 1km reps and 30s short hill reps.

1km rep finishes at the top of the steps, jog recovery along Ambleside Road back to start. There is an option to cut 1km loop short via Rogerfield.

30 secs rep uphill on Manor Brow. Jog back down recovery.

30 or 35 mins total session time.



Love to Run Coaching | https://www.maps.ordnancesurvey.co.uk/54.59755_3.1221117 | OS Maps online mapping and | #GetOutside

Search for Location

Create New Route

3min 0.15km

Show: Waypoints and directions

Label waypoints on the map

1 Start 0.15km

2 Finish

120m 100m 80m 60m 0.05km 0.10km 0.15km

Lowest: 116.50m Highest: 128.80m Total ascent: 12.30m