



## Keswick AC training plan

### Tuesday 4 September

- Option 1      Speed endurance. Progressive 1km repetitions.  
                    Fitz Park, tarmac.
- Option 2      Introduction to varying intensities. 3 min reps.  
                    Old railway, trail.

### Thursday 6 September

- Option 1      Speed endurance. 5 min reps, 4 up and 1 down.  
                    Latrigg, Brundholme spur, trail/fell.
- Option 2      Speed endurance progressive reps in pairs. 4 to 12 mins.  
                    Latrigg car park, trail.

### Tuesday 11 September

- Option 1      Speed endurance. Progressive shuttle reps, 4 to 10 mins.  
                    Old railway, trail.
- Option 2      Top end speed. 30 secs to 2 min reps.  
                    Old railway, trail.

### Thursday 13 September

- Option 1      Speed endurance. Maintaining pace on changing gradient. 7 to 11 minutes  
                    reps.  
                    Latrigg carpark, trail.
- Option 2      Speed endurance. Varying uphill and downhill reps. Approx. 3 to 5 min reps.  
                    Latrigg carpark, trail.