

Four hills challenge

Objective of the session: developing running strength, endurance and technique using hill effort repeats.

Who is it suitable for: anyone who has been running long enough to be able to run for at least 25 minutes continuously

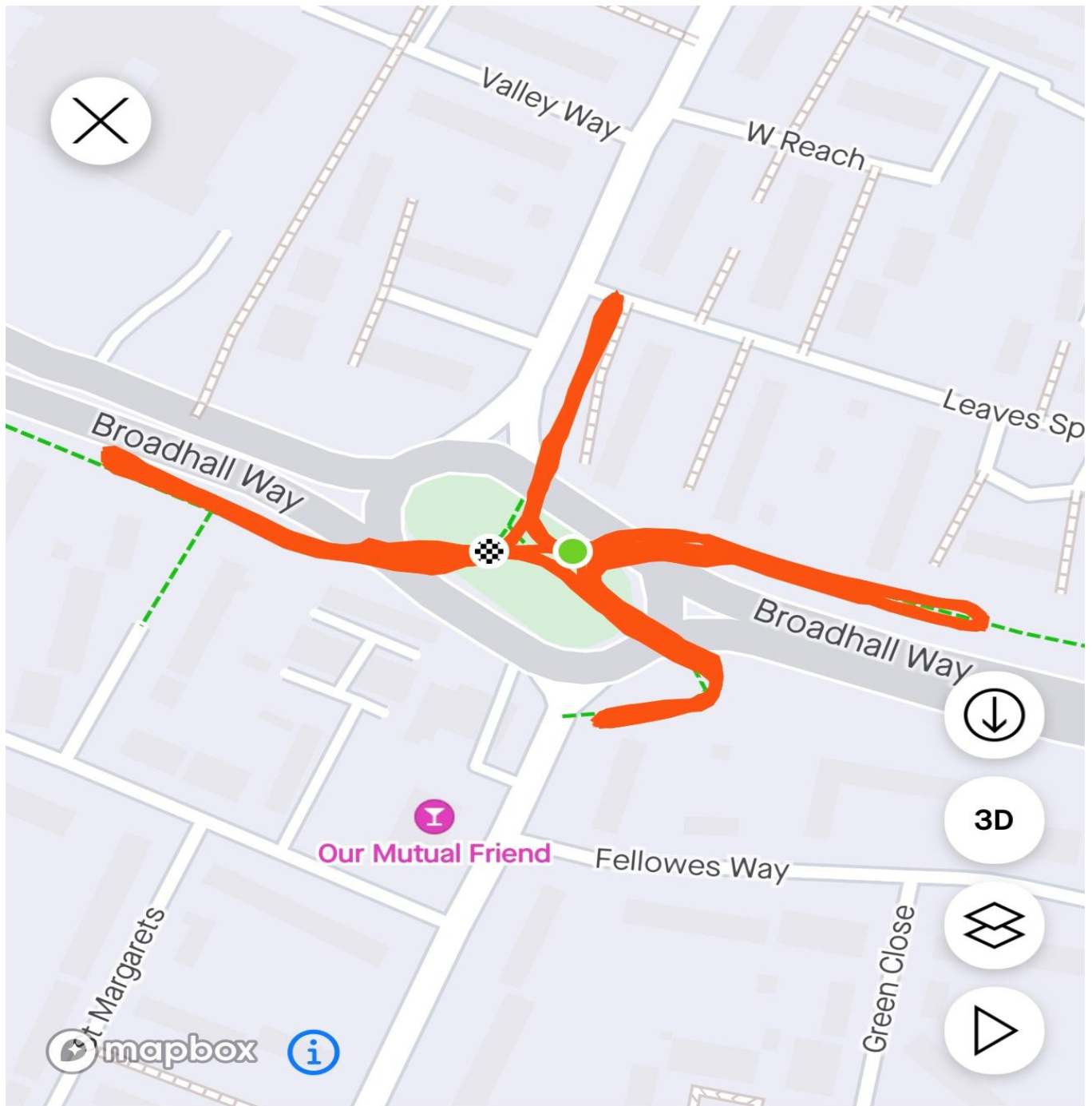
What does the session consist of? Firstly we will warm up for at least 800m so that runners are ready for the session. The club uses the hills radiating from the underpass complex at the junction of Valley Way and Broadhall Way by the Esso garage.

Showground

The warm up is from the car park to the underpasses at the junction of Valley Way and Broadhall Way. Starting at the hill leading towards the football ground runners go up as far as the end of the concrete side lining, turn and go back and then turn left and go to the top of the slope on valley way, turn and then bear left and go up the slope on Broadhall way as far as to the first tree, turn and go back down then turn left up the slope towards the Esso garage, turn at the end of the path and go back to the start. That is one circuit.

Runners should count how many complete and partially complete circuits of the four hills they complete so they have a target to aim to beat next time.

Runners should complete the session Kenyan style i.e. the pace up and down each hill effort should be similar. They run continuously for a total of 25 mins.



Notes for run leaders

Meet the group of runners in the car park. Complete a set of mobilisations with them before taking a slow warm up run to the Valley Way/Broadhall Way junction.

Use your stopwatch to time 25 minutes (the total time the runners will be running). The run leader should move around the circuit giving the runners encouragement but also giving them time updates. It's suggested that the runners should be told how long they have been running for at regular intervals until they get to 13 minutes completed. Then provide updates on how long is left to run.

