

Lamppost hills session

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

Who is it suitable for: anyone who has been running long enough to be able to run for at least 35 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 hill leading up from the Valley Way/Six Hills Way junction to the road leading into Fairlands Valley car park.

There are 6 lampposts positioned on the right hand side of the cycleway on that hill. Runners run to lamppost 2, turn and jog recover to the bottom of the hill, turn and run to lamppost 4, turn and jog recover to the bottom of the hill, turn and run to lamppost 6, turn and jog recover to the bottom of the hill. Runners follow that pattern for a total of 25 minutes.

The runner should keep a count of how many complete sets of lampposts and part sets of lampposts they complete in the 25 minutes.

The runners should run the session in Kenyan style i.e. the pace up and down each hill effort should be similar.



Note for run leaders

Meet the group of runners in the car park.

The warm up consists of a 1000m run following the pathway out of the car park, through the trees onto six hills way. Turn right and follow the hill up until the underpass on the left. Go through, bearing right to pass the front of St Nicholas JMI. Follow the cycleway until the underpass at the valley way/six hills way junction. Ensure that the runners stay at least 10 metres apart on the warm up.

Whilst the runners are carrying out their warm up the run leader should place a coloured cone at every second lamppost on the right of the cycleway on the hill leading up towards Shephall Way. Use three different colours to make identification easier for the runners during the session.

Carry out mobilisation exercises in the underpass at the bottom of the hill. Move the group to the cycleway outside of the underpass and 50 metres up the hill towards the town centre. The lamppost there is the start and finish of each hill cycle. Runners can deposit their drinks there.

Use your stopwatch to time 25 minutes (the total time the runners will be running).

The runners set off up the hill towards Shephall way, turning at the first coloured cones you have set up at lamppost 2, they come down the hill and back to the start where they turn and head up the hill to the next coloured cone at lamppost 4, turn and go back to the start where they turn and go up the hill to the top and lamppost 6. They turn and come down the hill to the start. That is one complete cycle. They keep doing this until the 25 minutes has been completed.

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.