

Christmas Training Sessions

Friday 1st January 2021

For today's session please find a hill similar to the hill at the crossroads past the gravel hill at The Lookout using the hill on the right from the footpath to the brow of the hill past the crossroads.

Main Session

2 sets of 6 hills (jog back recovery)

Walk back between sets

Cool-Down

Jog back to your cars in your trackies etc then stretch.