

Christmas Training Sessions

Saturday 2nd January 2021

For today's session please find a hill similar to the two long hills in the Army Grounds. Each hill should take somewhere in the region of 60" so they need to be long hills, If you can only find one hill that's okay also.

Warm up

Jog out to your chosen hills in your Trackies & Hoodie, no need for drills today.

Main Session

1 set of 6 alternating hills (jog back recovery)

Cool-Down

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

Sunday 3rd January

Go for a long run, we need to continue with the pace we have developed over the summer but now need to push further for longer working up to approx. 15k in 75 minutes

Go for a 75' run, please log your distance and let me know how you get on.