

## **Christmas Training Sessions**

Monday 28<sup>th</sup> December

Please find a very steep hill to work on like our Christmas Hill at the Lookout. You'll need to have a piece of ribbon to use as a marker.

### **Warm-up**

Run out to your chosen location in your trackies & hoodie then do some drills on the hill 'High Knees' & 'Bounding' are suitable drills for hill work.

### **Main Session**

1 set of 6 x hills (run for 30" up the hill and drop your marker when the whistle blows) jog back to your start and repeat, trying to beat your previous effort.

1 set of 3 runs of approx. 200m at the base of your hill then up the hill to the top.

### **Cool-Down**

Jog back to your parent's car in your trackies etc then stretch