

# **Hub Training session on Saturday 2nd November 2019 at Chepstow**

## **Morning training session**

### **Process goals for the session:**

- 1. For athletes to stress the aerobic engine on longer repetitions**
- 2. For athletes to generate force and develop good form on hill repetitions**
- 3. For athletes to prepare for upcoming cross country races**
  - 1. Practice running on grass, on the flat and on hills**
  - 2. Practice in locations of upcoming cross country races**
  - 3. Stress the systems that will be used during cross country races**

### **RAMP warm up**

**Raise heart rate** - 2 laps of the track jogging with pace getting slightly quicker

**Activate and Mobilise muscles** (kept active in order to keep warm in the cold weather)

- High knee walks
- High knee walks where pull the knee up
- Lunge walk
- High knees
- squat walk
- Hamstring sweeps
- Leg swings
- Heel recoveries/ leg cycling
- Straight leg running
- Side reaches
- Arm circles

**Potentiate so ready for session**

- 2 x 40second strides at pace will be doing the longer repetitions at, with 90s recovery (This part of session very important for two reasons. Firstly it gets to body physically and mentally prepared for the session ahead. Secondly, it ensures athletes know what the pace they will run the session at feels like)

### **Main session**

#### **Older athletes**

6x3min efforts off 2min jog recovery, 6x15s hills with jog back recovery  
(get into good hard rhythm on the 2min efforts, then generate force and run with good form on the hills when tired at the end of the session)

#### **Younger athletes**

90s effort, 2min jog, 3min effort, 2min jog, 4x15s hills with jog back recovery, 2min jog, 90s effort, 2min jog, 3min effort, 2min jog, 4x15 hills with jog back recovery, 2min jog, 90s effort  
(Idea is to push hard in 90s effort as would at start of cross country race, get into rhythm on the longer effort, then push hard on the hills as would have to do on hills in middle of a race, before learning to get back into rhythm after a hill effort)

### **Warm down**

Easy jog to gradually bring heart rate back down, followed by static stretching (approximately 15s for each stretch) to remove tightness from muscles:

- calf (hands against wall, straight back leg)
- achilles (hands against wall, bent back leg)
- hamstrings (straight legs, reach down and touch the floor)
- quads (stand on one leg, pull leg back so knees are together)
- groins (sat on floor, soles of feet together, push knees as close to floor as possible)
- gluts (sat on floor, cross leg over other leg and pull knee as close to shoulder as possible)
- lower back (lie on floor, keep both shoulders on floor, pull knee across body)