

## **Hub Training session on Saturday 18th January 2020 at Pontypool Park**

### **Morning training session - hill repetitions**

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

- 1. To improve running specific strength endurance and power**
- 2. To focus on good form (high knees, high hips, good arm drive with arms not swinging across the body) when tired**
- 3. To stress both aerobic and anaerobic engines**

#### **RAMP warm up**

Raise heart rate - 10min relaxed jog around park

Activate and Mobilise muscles (kept active in order to keep warm in the cold weather) - all drills done on the hill

- High knee walks
- Lunge walk
- High knees
- squat walk
- Hamstring sweeps
- Heel recoveries/ leg cycling
- Straight leg running

Potentiate so ready for session

- 4x10s hills with walk/very slow jog back recovery

#### **Main session**

10mins of approximately 20s hill efforts with jog back recovery, straight into 10min relaxed run, straight into 6mins of approximately 20s hill efforts with jog bak recovery. Number of efforts varied slightly for different athletes

Coaching tip for part 1: Ensure all athletes jog back the recovery rather than walk. Check for form of athletes on the hill reps, and don't be afraid to reduce the number of efforts the athletes do if you feel you need to reduce the number of efforts

#### **Warm down**

Easy jog to gradually bring heart rate back down - in outside park and a cold day, so decided against static stretching today