

HILL SESSION

**How to use this programme**

This is an eight week programme to assist Run Leaders in the introduction of hills and speed work into the sessions they are delivering to their runners. It is to compliment the previous 2 articles that have been added to the Toolkit, Starting Speed work and How to Improve Leg Speed.

The plan has been set out with two key sessions per week, one long run and one short runs. Run Leaders may like to facilitate the key sessions for their group on regular training nights (which should have at least one day in between) and prescribe the short runs to be carried out individually on days. The group may also meet for the long run or it could be done individually. The programme provides five days of running, plus 2 recovery days.

Key Pacing Information Structure of

Interval Session 5km Race Pace (5KP) these sessions can be run on road, track, paths or grass where the surface is even.

Slow/Easy run: 10 min per mile (6 Rate Perceived Exertion [RPE])

Hill Sessions – 8/9 RPE hard effort with good uphill running technique. Run Leader to reinforce this

Tempo Sessions – 7/8 RPE

Fartlek (speed play) running at varying intensities. Running hard then slow to recover. Make it fun within your group and take it in turns to take the lead. Choose lamp posts, fences, trees as markers to run to then walk or jog to another designated landmark to recover then back at hard pace again and so on for the length of the session. Slow pace 5/6 RPE, Hard 8/9 RPE

RAMP Warm Up 1 Mile Easy Run Session 1 Mile Easy Run Static Stretching

If you would like any more information regarding interval, speed work, hill or tempo sessions please contact us.

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|  | **SESSION 1** | **SESSION 2** | **SHORT RUN** | **LONG RUN** | **OPTIONAL RUN** |
| **Week 1** | 200M @5K Pace x 6-8  45s RECOVERY | 8 Min Tempo | 3 Miles | 3 TO 4 Miles | 2 TO 3 Miles |
| **Week 2** | 20s HILL x 6-8  Walk back recovery | 10 Min Tempo | 3 Miles | 4 Miles | 2 – 3 Miles |
| **Week 3** | 200M @5K Pace x 8  45s Recovery | 12 Min Tempo | 3 Miles | 4 MILES | 3 MILES |
| **Week 4** | 30s Hill x 8  Walk back recovery | 15 Min Tempo | 3 Miles | 5 Miles | 3 Miles |
| **Week 5** | 20 MIN Fartlek Session | 18 Min Tempo | 3 Miles | 5 Miles | 3 Miles |
| **Week 6** | 45s Hill X 6  Walk back recovery | 18 Min Tempo | 3 Miles | 6 Miles | 3 Miles |
| **Week 7** | 400M @ 5K Pace x 8  1 MIN Recovery | 20 Min Tempo | 3 Miles | 6 Miles | 3 Miles |
| **Week**  **8** | 1 SEC HILL X 3??  45s Hill x 3  30s Hill x 3  All walk back recovery  OPTIONAL 3 Min Hill | Strides | 2 Miles | Race |  |