

## Bingham Park Hills session



10 minute warm up jog and meet at point A

Activity 1: Uphill Efforts	Points to note:
Pair up with someone of similar pace. Number 1 and 2 <ul style="list-style-type: none"> <li>Person 1 runs up to point C and jogs back down.</li> <li>Person 2 waits until they return, then run up to point C and jogs back down.</li> </ul>	<ul style="list-style-type: none"> <li>Uphill efforts should be of similar times</li> <li>The jog down should be slow and controlled to allow your legs to recover.</li> <li>To avoid crashes, go up to the left (south) of the big group of trees, down to the right (north)</li> <li>Repeat 2, 3 or 4 times depending on level of fitness, pace etc..</li> </ul>
<b>Alternative / extension:</b> <ul style="list-style-type: none"> <li>Person 1 runs up to C, when they turn to jog down, Person 2 starts their run up.</li> <li>Person 1 waits at the bottom until person 2 turns to jog down, then starts their run up.... Etc.</li> </ul>	

Activity 2: Uphill and downhill relays	
Two pairs join to form a four. Numbers 1, 2, 3 and 4. <ul style="list-style-type: none"> <li>Persons 1 and 4 wait at point A</li> <li>Persons 2 and 3 go to points B and C respectively.</li> </ul>	<b>Alternative / extension:</b> <i>Repeat in reverse....(there should be fewer people moving at any time, so should be fine for teams going in both directions.)</i>
<ul style="list-style-type: none"> <li>Person 1 runs from A to B and tags person 2</li> <li>Person 2 runs from B to C and tags person 3</li> <li>Person 3 runs from C to A and tags person 4</li> <li>Person 4 runs from A to B and tags person 1</li> <li>Etc...</li> </ul> <i>Continue until everyone is back where they started. ie. 1 and 4 at A, 2 and B and 3 at C</i>	<ul style="list-style-type: none"> <li>Person 4 runs from A to C and tags person 3</li> <li>Person 3 runs from C to B and tag person 2</li> <li>Person 2 runs from B to A and tags person 1</li> <li>Person 1 runs from A to C and tags person 4</li> <li>Etc...</li> </ul> <i>Continue until everyone is back where they started. ie. 1 and 4 at A, 2 and B and 3 at C</i>

Activity 3: Run/Walk (fartlek) loops
On own – Run from A to B, walk from B to C, run from C to A, walk from A to B, run from B to C, walk from C to A..... etc. <i>Repeat as time allows</i>

Walk up to the top of the hill, jog once(or twice if keen!) round the “golf course” then back to The Greystones .

Stretch.