

Hill Session from Common Lane including the Downhill Mile

Start at the top of Ivy Cottage Lane and **warm up** run down to the valley and along the back path up as far as the triangle. This should be done at a SLOW pace so that everyone has sufficient energy to do hard hill efforts.

Options for the way up to the Viewpoint:

- Group 1 & 2: Go to Jacobs Ladder and do hill reps, then do the Valley to top of Clough Lane hill, then slowly make your way to the viewpoint on the top road
- Groups 3 & 4: Follow the route below doing alternate hill efforts and jogs all the way up to the top road. Please use your judgement to work out how many repeats are appropriate for the time AND your group.
 - Effort:** to the first flat is about 100m (Repeat 3 time walking down each time)
 - Effort:** Triangle to the junction of Mark Lane and Foxhall Lane is about 240 metres (once)
 - Slow:** Jog up to junction of Foxhall and Harrop Lane
 - Effort:** Junction of Foxhall and Harrop up hill to junction of Harrop and Greenhouse Lane (*repeat 2 or 3 times – if time and energy allows*)
 - Grp 3: Slow:** Jog down Clough lane to the valley path/bridge (*if time and energy allows*)
 - Grp 3: Effort:** Valley path up to junction of Greenhouse Lane and Harrop Lane
 - Slow:** Jog up to the top of Greenhouse Lane (Viewpoint)

Hill reps and hill efforts should be done consistently. The table below will help folk check whether they are keeping their effort levels consistent.

Hill distance		1. Triangle up Mark Lane to first flat bit	2. Foxhall/Harrop Ln junction up to Greenhouse Ln / Foxhall Ln junction	3. Triangle up Mark Lane to next junction	4. Path in valley up Clough lane to Greenhouse Ln / Foxhall Ln junction
metres		105	161	241	434
miles		0.065	0.1	0.15	0.27
Pace (min/mile)	Pace (min/km)	Time Taken in min:sec			
07:30	04:40	00:29	00:45	01:07	02:01
08:00	04:58	00:31	00:48	01:12	02:10
08:30	05:17	00:33	00:51	01:17	02:18
09:00	05:36	00:35	00:54	01:21	02:26
09:30	05:54	00:37	00:57	01:25	02:34
10:00	06:13	00:39	01:00	01:30	02:42
10:30	06:32	00:41	01:03	01:35	02:50
11:00	06:50	00:43	01:06	01:39	02:58
11:30	07:09	00:45	01:09	01:43	03:06
12:00	07:27	00:47	01:12	01:48	03:14
12:30	07:46	00:49	01:15	01:52	03:22

