

Tuesday Challenge

Session 8

Your session this week are hill drills. These will help your sprinting and longer running.

It is very important that you stick to the session plan!

Make sure you are using your warm up drills before starting any exercise.

- Using Power of 10 find your fastest 75m time. This will be referred to as your 'challenge time' My example is **14 secs**
- Work out half your challenge time = **7 secs**
- Multiply your challenge time by 20 = **140 secs**
- You will need an adult and a stopwatch
- Find a hill / incline. The steeper the better but safety first – no mountains 😊
- Now ... **sprint** up the hill for your halved challenge time. (**7 secs**)
- Walk down. Rest for your x 20 challenge time. **140 secs**
- Repeat each set until you feel you are no longer sprinting – jogging will not benefit you so stop!

You will only be able to repeat this once or twice the first time you do it. That is absolutely fine – please stick to the plan.

- Day 2 – repeat as day 1
- Day 3 – repeat but add 2 secs to your halved time. Same amount as rest
- Day 4 – rest day
- Day 5 – repeat but add 4 secs to your halved time. Same amount of rest
- Day 6 – rest day
- Day 7 – Your challenge: see if you can now **sprint** uphill for as close to your full 'challenge time' as possible. You will not complete a full 75m, it is the time you need to concentrate on.

Please follow this carefully. It would be more beneficial to do only 1 sprint correctly than 4 or 5 incorrectly.

As with all your challenges please remain in a safe space at all times with your adult.

Have fun and stay safe, Jo x