

Burton Road Reverse Hilltervals



Road Runners

Part one – warm up

- jog from the Sports Park to Burton Road

Part two – session (30 mins)

- hill rep session with the effort on the downhill

Part three – cool down

- jog from Burton Road back to the Sports Park

Benefits

- increases knee extensor strength (reducing risk of injury), protects against the reduction in running efficiency that follows downhill running on undulating courses and is far preferable to running uphill 😊

