Burton Road Reverse Hilltervals

Road Runners

Part one – warm up

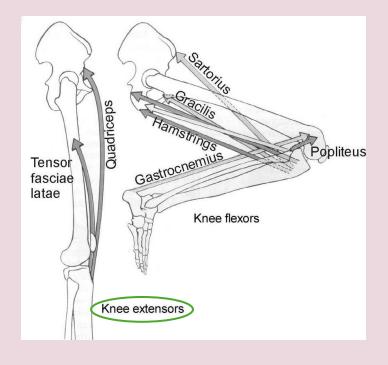
jog from the Sports Park to Burton Road

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 🨉

