

# DFR Training Activity

## Uphill Repetition Session 4x4 Track ("Rocky Road") April 2021



### Cliff Sike Gill to Doctor's Gate Quarry Uphill Repetition Session

**Venue:** Doctor's Gate Quarry track junction (Grid Ref. NZ 07392 31991 or OL Map 31- East 073 North 319)

**Aim:** Hill climbing strengthening

<b>Activity: Uphill Rep</b>	<b>Distance:</b> Approximately 412 meters or 0.26mile/ uphill rep.~ 30m gain in height
	<b>Effort:</b> Maintain a constant effort on the uphill section
	Use the downhill section for recovery

<b>Number of Reps</b>	6-8 (effort is relative so if 4 is all you can manage that is fine)
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#### Safety Notice

**This track is very uneven, rutted, and stony so wear appropriate footwear.**

#### Covid-19 Guidance

- **Avoid other runners.**
- **Keep to the left on the track going up and down hill**
- **Maintain social distance guidance.**
- **No spitting or nasal clearance on the circuit; please step off the track.**
- **Do not share drinks or equipment.**

Headtorch should not be necessary

**Caution:** if recent injury or back pain is present perform the activities with caution.

Be alert to mountain bikes and avoid them.

The tracks may be uneven and if wet, may be slippery

**Please note:** all runners undertake these sessions at their own risk.