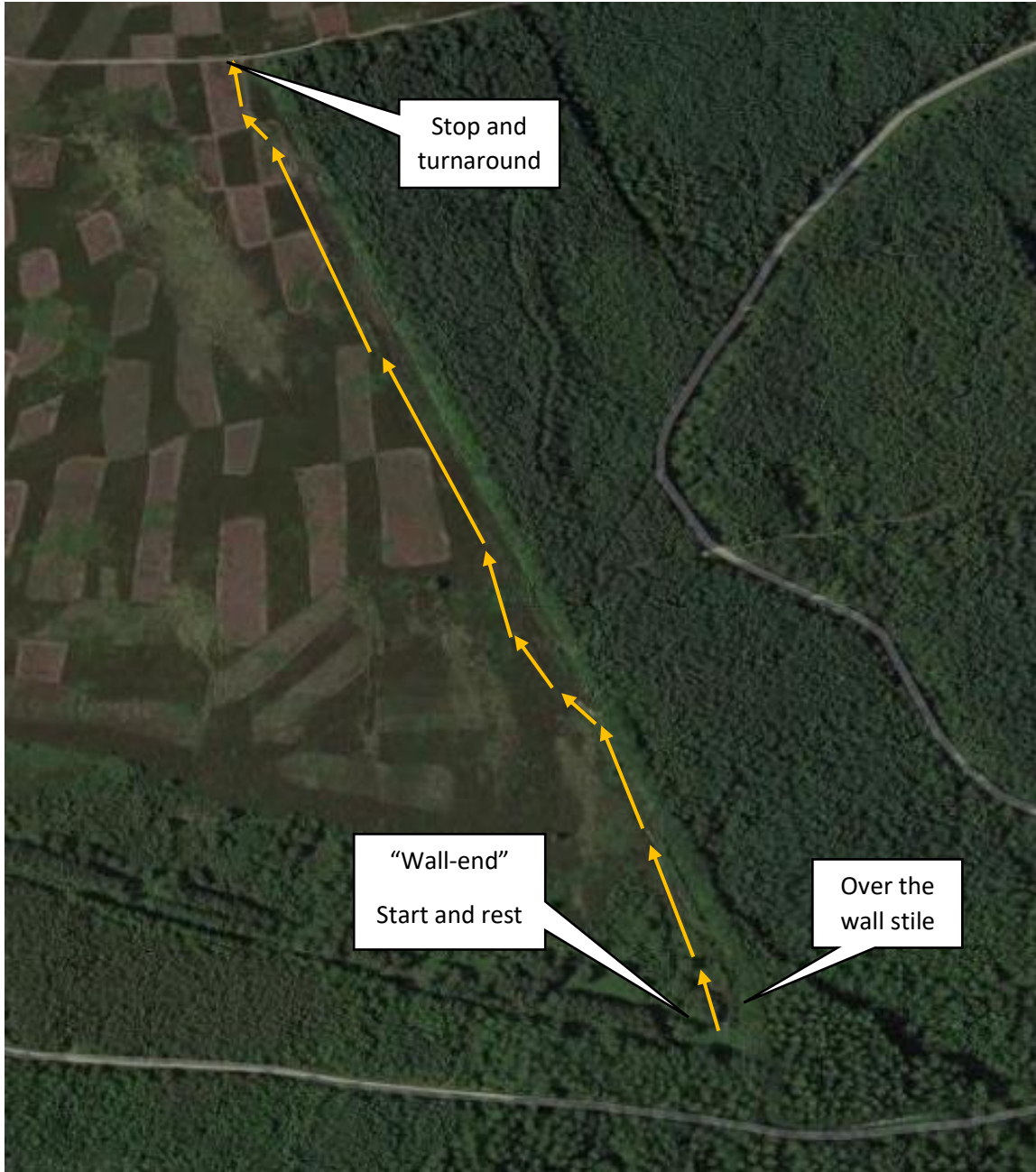


DFR Training Session



Aim: Strengthening and uphill endurance, proprioceptive foot placement development

Uphill Wall-End (short version) Rep Session	
Venue: Gate access to the fell (Grid Ref. NZ 7888 31314 or OL Map 31- East 40788 North 531314)	
1. Uphill Reps	Distance: Approximately 745 metres or 0.46 mile
	Effort: Sustained uphill effort
	Maintain effort to the turnaround point, use downhill as recovery
Number of Reps: Minimum 7 or what you can manage 2 min rest between reps.	
Safety Notice: Keep to the left both up and down. Caution if recent injury or back pain is present. Be alert to mountain bikes. The tracks are uneven and if wet, may be slippery 😊	
Please note: all runners undertake these sessions at their own risk.	