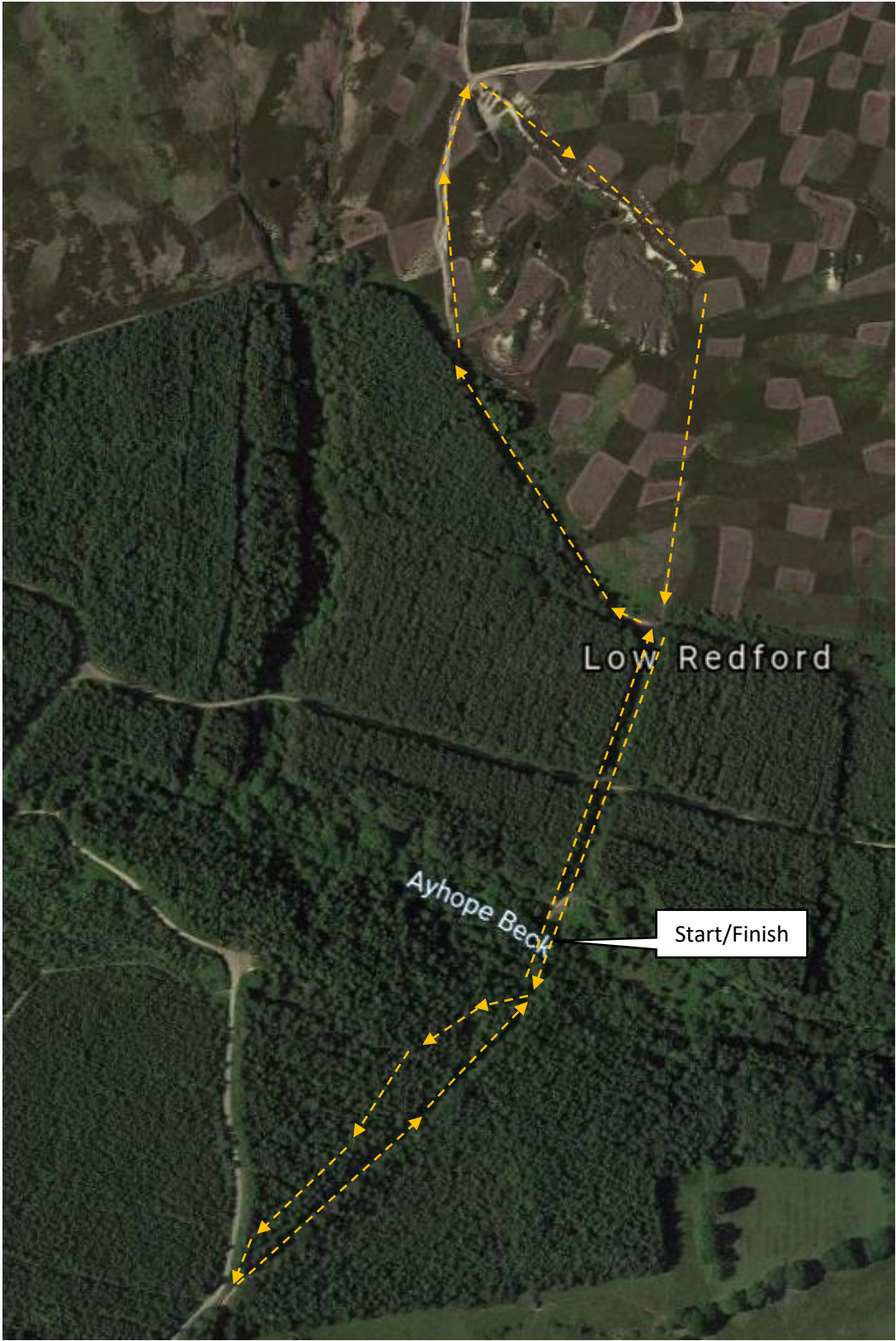


DFR Ayhope Figure of 8



Uphill Repetition Endurance Session: Ayhope Figure of 8

Venue: Ayhope Beck, (grid Ref NZ 07097 31248)

Aim: Hill climbing strengthening and mental preparation for uphill work

Activity: Uphill Rep	Distance/rep: 1.4miles or 2,258m
	Effort: Maintain a constant effort on the uphill section, walking is permitted but adopt a race mentality if you do, that is walk fast with effort

	Use the downhill section for recovery and keep to the left
Number of Reps	4-6 (effort is relative so if 3 is all you can manage then that is fine)
<p style="text-align: center;">Safety Notice</p> <p>This track is very uneven, rutted, and stony, take care and wear appropriate footwear.</p> <p>Covid-19 Guidance</p> <ul style="list-style-type: none"> • 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. <p>Headtorch should not be necessary</p> <p>Caution: if recent injury or back pain is present perform the activities with caution.</p> <p>Caution on steep downhill running</p> <p>Be alert to mountain bikes and avoid them.</p> <p>The tracks may be uneven and if wet, may be slippery</p> <p>Please note: all runners undertake these sessions at their own risk.</p>	