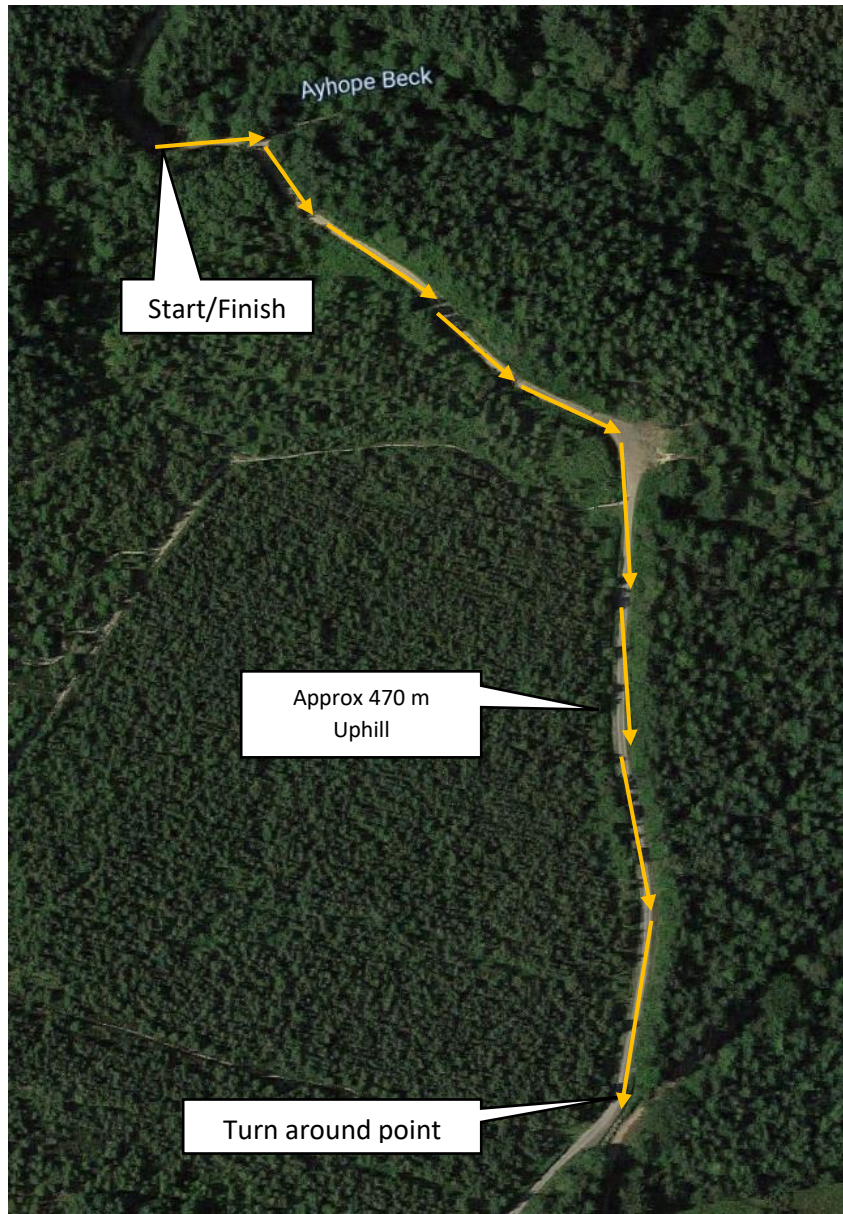


DFR Training Session

Uphill Reps Session



Aims: Strengthening sustained uphill effort

Session Description

Uphill Rep Session	
Venue: Ayhope Beck to "Standing Stones (Grid Reference NZ 066 313)	
Uphill Reps	Distance: Approximately 470 metres uphill
	Effort: PRE 7 Borderline uncomfortable, short of breath, can speak a sentence
	Maintain effort to the standing stones, use downhill as recovery
Number of Reps: 8	
<p>Safety Notice: Keep to the left both up and down the track</p> <p>Wear appropriate footwear. Remain Covid Aware 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</p>	

DFR Training Session

Grade	Exertion Descriptor		Pace
10	Maximum Intensity	Very very hard. Feels impossible to maintain, completely out of breath, can't speak, can only maintain it for a very short time	100m pace, sprinting final exertion at the end of a race
9	Very Hard	Difficult to maintain the activity, can barely breathe, speak one or two words only	800m pace
7-8	Vigorous Activity	Borderline uncomfortable, short of breath, can speak a sentence	7-3km pace 8-1500m pace
4-6	Moderate Activity	Breathing heavily, relatively comfortable but noticeably more challenging, short conversations	4-Half Marathon pace; competitive or recreational 10Km pace 5- Elite 10km pace 6-5Km pace
3	Light Activity	Moderate maintain for hours, easy breathing, can hold a conversation	Recreation Half/Marathon pace
2		Harder than 1 but easier than 2 breathing easy, hold a conversation	Easy Pace
1		Very light activity, easy breathing, bit more than 0, could talk for hours	Walking
0	Resting	At rest, couch potato style, possibly dead	Sedentary