

Monday Night Hills 2016/17

Below is the Rota for the Hills sessions. The intended meeting place for ALL these sessions is on Wild Gardens Road (the road that cuts through at the Cardiff High School end of the Lake) at 6.30pm. The Warm Up will then take a route around the Lake to reach the "Session venue". These sessions are open to everyone regardless of ability/standard. We hope that you will find someone there of a similar type standard in order to have company during the session. If you feel that you are not quite up to the full session then please let us know so that we can give you an alternative that will still allow you to take part in the session.

ALL the Hill Sessions have an easy jog back recovery.

Date	Session	No. of Reps
26 Sep 16 07 Nov 16 19 Dec 16 30 Jan 17 13 Mar 17	Lady Mary Rd/Brandreth Rd ~ Hills (550m) Start at tree opposite side to junction of Brandreth Rd and Maryport Rd. Run up Brandreth Rd – take care crossing Egremont Rd, keep going. Once over the brow keep going along the "flat" and finish at the last lamppost before Arnside Rd. http://www.gmap-pedometer.com/?r=2522241	4 – 6 Increasing to 6 – 8
03 Oct 16 14 Nov 16 26 Dec 16 06 Feb 17 20 Mar 17	Descending Hills ~ Llandennis Ave Start at crossroads of Llandennis Ave and Duffryn Ave. and run to: # 1 2 nd Lamppost on LH side # 2 3 rd Lamppost on RH side # 3 2 nd Lamppost on RH side # 4 1 st Lamppost on RH side http://www.gmap-pedometer.com/?r=6136454	2 x # 1 3 x # 2 4 x # 3 5 x # 4
10 Oct 16 21 Nov 16 02 Jan 17 13 Feb 17 27 Mar 17	Llandennis Ave ~ Hills (620m) Start at the junction of Nant-fawr Rd and Llandennis Rd. Run up Llandennis Rd and finish at the last lamppost on the right before Cyncoed Rd. http://www.gmap-pedometer.com/?r=2522269	4 – 6 Increasing to 6 – 8
17 Oct 16 28 Nov 16 09 Jan 17 20 Feb 17 03 Apr 17	Torrens Drive ~ Hills (260m) Start at junction of Woolaston Ave and Torrens Drive. Run up Torrens drive to the junction with Hunters Ridge. http://www.gmap-pedometer.com/?r=6136460	10
24 Oct 16 05 Dec 16 16 Jan 17 27 Feb 17 10 Apr 17	Cefn Coed Rd ~ Hills (680m) Start at signpost near junction of Lake Rd East and Cefn Coed Rd. Run up Cefn Coed Rd. Take care crossing Cefn Coed Gardens and Cefn Coed Cres. At the top of the hill turn right onto Cyncoed Rd and finish at the bus stop. http://www.gmap-pedometer.com/?r=2522256	4 – 6 Increasing to 6 – 8
31 Oct 16 12 Dec 16 23 Jan 17 06 Mar 17 17 Apr 17	Decending Sets ~ Llandennis Ave Start at crossroads of Llandennis Ave and Duffryn Ave. and run to: # 1 2 nd Lamppost on LH side # 2 3 rd Lamppost on RH side # 3 2 nd Lamppost on RH side # 4 1 st Lamppost on RH side http://www.gmap-pedometer.com/?r=6136454	4 sets of 1 x # 1 + 1 x # 2 + 1 x #3 + 1 x # 4

The sessions will then be reviewed at this point ready for the summer.