

# Monday Night Hills 2017/18

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 6.45pm. 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
<b>25 Sep 17</b> <b>06 Nov 17</b> <b>18 Dec 17</b> <b>29 Jan 18</b> <b>12 Mar 18</b>	<b>Lady Mary Rd/Brandreth Rd ~ Hills (550m)</b> 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. <a href="http://www.gmap-pedometer.com/?r=2522241">http://www.gmap-pedometer.com/?r=2522241</a>	<b>4 – 6</b> <b>Increasing</b> <b>to 6 – 8</b>
<b>02 Oct 17</b> <b>13 Nov 17</b> <b>25 Dec 17</b> <b>05 Feb 18</b> <b>19 Mar 18</b>	<b>Descending Hills ~ Llandennis Ave</b> Start at crossroads of Llandennis Ave and Duffryn Ave. and run to: # 1 2 <sup>nd</sup> Lamppost on LH side # 2 3 <sup>rd</sup> Lamppost on RH side # 3 2 <sup>nd</sup> Lamppost on RH side # 4 1 <sup>st</sup> Lamppost on RH side <a href="http://www.gmap-pedometer.com/?r=6136454">http://www.gmap-pedometer.com/?r=6136454</a>	<b>2 x # 1</b> <b>3 x # 2</b> <b>4 x # 3</b> <b>5 x # 4</b>
<b>09 Oct 17</b> <b>20 Nov 17</b> <b>01 Jan 18</b> <b>12 Feb 18</b> <b>26 Mar 18</b>	<b>Llandennis Ave ~ Hills (620m)</b> 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. <a href="http://www.gmap-pedometer.com/?r=2522269">http://www.gmap-pedometer.com/?r=2522269</a>	<b>4 – 6</b> <b>Increasing</b> <b>to 6 – 8</b>
<b>16 Oct 17</b> <b>27 Nov 17</b> <b>08 Jan 18</b> <b>19 Feb 18</b> <b>02 Apr 18</b>	<b>Torrens Drive ~ Hills (260m)</b> Start at junction of Woolaston Ave and Torrens Drive. Run up Torrens drive to the junction with Hunters Ridge. <a href="http://www.gmap-pedometer.com/?r=6136460">http://www.gmap-pedometer.com/?r=6136460</a>	<b>8 - 10</b> <b>Increasing</b> <b>to 10 – 12</b>
<b>23 Oct 17</b> <b>04 Dec 17</b> <b>15 Jan 18</b> <b>26 Feb 18</b>	<b>Cefn Coed Rd ~ Hills (680m)</b> 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. <a href="http://www.gmap-pedometer.com/?r=2522256">http://www.gmap-pedometer.com/?r=2522256</a>	<b>4 – 6</b> <b>Increasing</b> <b>to 6 – 8</b>
<b>30 Oct 17</b> <b>11 Dec 17</b> <b>22 Jan 18</b> <b>05 Mar 18</b>	<b>Decending Sets ~ Llandennis Ave</b> Start at crossroads of Llandennis Ave and Duffryn Ave. and run to: # 1 2 <sup>nd</sup> Lamppost on LH side # 2 3 <sup>rd</sup> Lamppost on RH side # 3 2 <sup>nd</sup> Lamppost on RH side # 4 1 <sup>st</sup> Lamppost on RH side <a href="http://www.gmap-pedometer.com/?r=6136454">http://www.gmap-pedometer.com/?r=6136454</a>	<b>4 sets of</b> <b>1 x # 1 +</b> <b>1 x # 2 +</b> <b>1 x #3 +</b> <b>1 x # 4</b>

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