



Monday Night Hills 2018/19

From 18th December 2018

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. ALL the Hill Sessions have an easy jog back recovery.

Date	Session	No. of Reps
18th December 2018 28th January 2019 25th February 2019 25th March 2019	Brandreth Road ~ Hills (550m) Start at tree opposite side of 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.	4 – 6 Increasing to 6 – 8
7th January 2019 4th February 2019 4th March 2019 1st April 2019	Torrens Drive ~ Hills (260m) Start at junction of Woolaston Ave and Torrens Dr. Run up Torrens Dr to the junction with Hunters Ridge.	8 – 10 Increasing to 10 – 12
14th January 2019 11th February 2019 11th March 2019 8th April 2019	Llandennis Avenue ~ Hills (620m) Start at junction of Nant-Fawr Rd and Llandennis Ave. Run up Llandennis Ave and finish at the last lamppost on the left before Cyncoed Rd.	4 – 6 Increasing to 6 – 8
21st January 2019 18th February 2019 18th March 2019 15th April 2019	Farm Drive ~ Short Hill Sprints Short hill sprints using the lampposts: (1) 2 nd lamppost on LHS (2) 3 rd lamppost on RHS (3) 2 nd lamppost on RHS (4) 1 st lamppost on LHS Session could be descending Hills or Sets.	Descending Hills: 2 x (1) + 3 x (2) + 4 x (3) + 5 x (4) <hr/> Descending Sets: 4 x (1) + (2) + (3) + (4)