



# Monday Night Hills 2019/20

## From 24<sup>th</sup> September 2019

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
23 <sup>rd</sup> Sept 2019 21 <sup>st</sup> Oct 2019 18 <sup>th</sup> Nov 2019 16 <sup>th</sup> Dec 2019 13 <sup>th</sup> Jan 2020 10 <sup>th</sup> Feb 2020 9 <sup>th</sup> March 2020	<b>Brandreth Road ~ Hills (550m)</b> 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.	<b>4 – 6</b> <b>Increasing to</b> <b>6 – 8</b>
30 <sup>th</sup> Sept 2019 28 <sup>th</sup> Oct 2019 25 <sup>th</sup> Nov 2019 23 <sup>rd</sup> Dec 2019 20 <sup>th</sup> Jan 2020 17 <sup>th</sup> Feb 2020 16 <sup>th</sup> Mar 2020	<b>Torrens Drive ~ Hills (260m)</b> Start at junction of Woolaston Ave and Torrens Dr. Run up Torrens Dr to the junction with Hunters Ridge.	<b>8 – 10</b> <b>Increasing to</b> <b>10 – 12</b>
7 <sup>th</sup> Oct 2019 4 <sup>th</sup> Nov 2019 2 <sup>nd</sup> Dec 2019 30 <sup>th</sup> Dec 2019 27 <sup>th</sup> Jan 2020 24 <sup>th</sup> Feb 2020 23 <sup>rd</sup> Mar 2020	<b>Llandennis Avenue ~ Hills (620m)</b> 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.	<b>4 – 6</b> <b>Increasing to</b> <b>6 – 8</b>
14 <sup>th</sup> Oct 2019 11 <sup>th</sup> Nov 2019 9 <sup>th</sup> Dec 2019 6 <sup>th</sup> Jan 2020 3 <sup>rd</sup> Feb 2020 2 <sup>nd</sup> Mar 2020 30 <sup>th</sup> Mar 2020	<b>Farm Drive ~ Short Hill Sprints</b> Short hill sprints using the lampposts: (1) 2 <sup>nd</sup> lamppost on LHS (2) 3 <sup>rd</sup> lamppost on RHS (3) 2 <sup>nd</sup> lamppost on RHS (4) 1 <sup>st</sup> lamppost on LHS Session could be descending Hills or Sets.	<b>Descending Hills:</b> <b>2 x (1) + 3 x (2) + 4</b> <b>x (3) + 5 x (4)</b> <hr/> <b>Descending Sets:</b> <b>4 x (1) + (2) + (3) +</b> <b>(4)</b>