## Cosmic - Thursday Evening Summer Intervals

Notes: Meet and run from Countesswells Carpark at 18:15 Thursday evenings. (Carpark needs some money so share cars if you can). There will be a leader for the session. If you can't make group session then feel free to do with others or do on your own during the week - Consistency is key to improvement, not occasional bursts.. Jog warm-up to start. Do intervals together as noted. Re-group and run back to carpark together. Take appropriate clothing and trail shoes. In wet weather consider 'hill shoes' - some sections are rougher. Run at pace described to get the most from the session, but if you are racing at weekend, injured or not feeling fit then take the pace down - you know your own bodies!!

	Session	W'Up		Intervals			C'Down		Approx. Time	Approx. Distance	Leader	Notes
22 Aug 2019	Trial	Car Park - Gairnhill Woods	2.19km/20 min	timings			Gairnhill Woods - Car Park	2.19km/20 min		60	M Stone	
29 Aug 2019	Hills	Car Park - Gairnhill Hill Start	2.19km/10 min	(1 min up / 2 min recover) x 6 - 80% effort	Gairnhill Rise. Starting at post at base of hill.	approx. 1200m	Gairnhill Woods - Car Park	2.19km/10 min		60 5.6km		interval at own pa but work hard on way up, make the most of the jog recovery back to start
5 Sep 2019	Sprints	Car Park to Crossroads Start	2.19km/10 min	10 x '100' Sprints. Between 80-95% effort	Cross Roads to Gate - jog back continuous.	approx. 2000m	Cross Roads - Car Park	2.19km/10 min		60 6.4km		work in smaller groups if possible Don't sprint too h and injure yourse but do work hard
	Variable Pace - rolling course	Car Park to Crossroads Start	2.19km/10 min		Cross Roads start, anti-clockwise short cct	approx. 3000m	Cross Roads - Car Park	2.19km/10 min		60 7.4km		Good practice for race conditions, increasing pace of flatter sections, keeping steady of rising & falling sections. 3rd leg rougher try to maintain pace on this rising section
19 Sep 2019	Hills	Car Park - Gairnhill Hill Start	2.19km/10 min	(1min 10 sec up / 2 min recover) x 6 - 80% effort	Gairnhill Rise. Starting at post at base of hill.	approx. 1200m	Gairnhill Woods - Car Park	2.19km/10 min		60 5.6km		intervals at own pace but work ha on way up, make the most of the jo recovery back to start
	Variable Pace - rolling course	Car Park to Crossroads Start	2.19km/10 min	Larger Loop Splits x 4 - 10km Race Pace on 2nd & 4th legs	Cross Roads start, anti-clockwise long cct	approx. 2400m	Cross Roads - Car Park	2.19km/10 min		60 6.8km		Good practice for race conditions, increasing pace flatter sections, keeping steady of rising & falling sections
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	Gairnhill Rise Gairnhill cct	300m 850m										
	Gaimmill CCt											

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