

AWABA STREET HILL TRAINING

Where: Start at bottom of Awaba St, Mosman (outside Awaba St Café)

Route: Up Awaba St all the way to the traffic lights on Spit Rd. U turn at the lights and come back down, take the first lane on right (Punch Lane) and follow that until you come to the next T junction, turn left into Punch Street, at next T junction turn right into Mouruben, run for about 50 metres then U turn into the lower road, follow the road round to the right into Lower Punch St then turn left into Stanley Ave, at next T junction turn right back onto Awaba and down to the bottom. Turn round and back up again. (No resting at bottom.)

Distance: 1.8k, 90m climbing over 600m (big hills on 6ft Track are 400m plus, overall 1200m climbing)

Why do it! - because it's good training for the huge hills on the 6ft Track. For most people don't expect to run up Awaba St, you will run/walk/run. The only people who'll run all of the up section are those runners who will run sub 4:45 6ft Track. So get you legs used to up hill walking. The downhills are just as punishing and probably more painful, so get used to running downhill, leaning into the slope with shorter, light footfalls, not thumping high impacts that cause soreness and decelerate your momentum. The other thing is mental discipline. It's hard work going up and down such a hard course, but in reality this is the 6ft Track a LOT of going up hills - so get your head around it and join the group on Thursday nights.

Suggestion: monitor your progress, time yourself on each loop (use a split timer on your watch), and record it at home. Your splits (e.g. each circuit) should be within 30 seconds of each other. If this is not the case you are not pacing yourself very well. If you are really keen you can do your up and down splits. Don't think this is only for the experienced runners - it's not, it sets you a target and you can see yourself improve (and you will improve if you do it each week). The other reason it is good is to show you when you are fatigued. There may be a night when you are just right off your pace (e.g. 40-60 seconds slower than your usual efforts); this may well indicate you are tired and fatigued and a light jog along the beach and REST would be better than to trudge out the session just because you think you should. There is a fine line between fatigue and being lazy so it's your own judgement!

Warning: Don't try and do too much too soon and if you miss a week do try and stick to the programme the next week.

Recovery: The best thing for your legs when you've finished your session is to go into the water, swimming or just cooling off your legs assists in recovery of fatigued muscles. You will need a light stretch next morning and a few end of day stretches, a lighter jog for training if you are really sore.

Note: Carry a water bottle with you.

Below is a guide:				
	NO. OF REPS			
	<i>Beginners</i>	<i>Intermediate</i>	<i>Advanced</i>	<i>Notes</i>
1st week Dec	3	3	4	
2nd	3	4	4	
3rd	4	5	5	
4th	4	6	6	
1st week Jan	5	6	7	
2nd	6	7	8	
3rd	7	7	9	
4th	7	8	9	
1st week Feb	8	9	10	
2nd	9	10	10	
3rd	6	7	8	
4th	4	5	7	
1st week Mar	easy 4	easy 5	easy 6	