

Monday Night Hills/Reps Sessions 2011/12

Below is the Rota for the Hills/Reps 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 6.30pm. 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, while ALL the Lake Sessions have a 90 sec recovery.

Date	Session	No. of Reps
26th Sept 11 7th Nov 11 19th Dec 11 30th Jan 12 12th Mar 12	Lady Mary Rd/Brandreth Rd ~ Hills (550m) 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. http://www.gmap-pedometer.com/?r=2522241	4 – 6 Increasing to 6 – 8
3rd Oct 11 14th Nov 11 26th Dec 11 ?? 6th Feb 12 19th Mar 12	600's (560m) ~ Lake Start on Lake Rd West, junction with Jellicoe Gardens. Run along Lake Rd West towards CHS. Take 2 nd turning on left = Tyrwhitt Cres. Turn left on to Beatty Ave, take 2 nd left into Jerricoe Gdns, run past tennis courts and finish at tree on corner. http://www.gmap-pedometer.com/?r=2522283	6 – 10
10th Oct 11 21st Nov 11 2nd Jan 12 ??? 13th Feb 12 26th Mar 12	Llandennis Ave ~ Hills (620m) 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. http://www.gmap-pedometer.com/?r=2522269	4 – 6 Increasing to 6 – 8
17th Oct 11 28th Nov 11 9th Jan 12 20th Feb 12 2nd April 12	800's (730m) ~ Lake <i>May be subject to change due to Road Works</i> Start at junction of Wild Gardens Rd and Lake Rd East. Run towards CHS and follow around the outside of Wild Gardens. Turn into Wild Gardens Rd. Finish at last lamppost before Lake Rd East. http://www.gmap-pedometer.com/?r=2522287	4 – 8
24th Oct 11 5th Dec 11 16th Jan 12 27th Feb 12 9th April 12	Cefn Coed Rd ~ Hills (680m) 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. http://www.gmap-pedometer.com/?r=2522256	4 – 6 Increasing to 6 – 8
31st Oct 11 12th Dec 11 23rd Jan 12 5th Mar 12 16th April 12	1000's (1000m) ~ Lake Start at junction of Wild Gardens Rd and Lake Rd West. Run towards Albany Rd. Finish at the gates to the Flower Gardens (white markings on the floor). http://www.gmap-pedometer.com/?r=2522311	4 – 6

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