

Pyramids

Aims

- To deliver a multiability run.
- Runners to work at a continual effort whilst maintaining form.

Key Points

- 1 Increase the time or distance of set runs and then go back down the pyramid, e.g. 30secs, 60secs, 90secs, and then back down 90secs, 60secs, 30secs, or 100m, 200m, 300m etc.
- 2 Runners to walk/jog back to start after each run.

Resources:

- Safe area to run
- Cones or natural landmarks to mark out distance

Mixed Ability Groups:

With timed reps they will all cover a different distance or with distance reps, the Leader can vary the distance according to ability e.g. by staggering the starts.

Safety Tips

- Check runners are aware of the time/distance of each run.
- Avoid road crossings where possible.
- Continual assessment of the risk and challenge to the whole group.

