

## 2026 Summer Thursday Hill Sessions

**Start time 6.30**

Click on ['blue'](#) text to open location in Google Maps.

Date	Session	Session Location	Meet Up location	Notes
2-Apr	<b>Pike Race on Sat (no Session)</b>			
9-Apr	Figure of 8s	<a href="#">Yarrow Reservoir South Embankment</a>	<a href="#">Lower Barn</a>	
16-Apr	"Doug's" Res	<a href="#">Yarrow Reservoir West Embankment</a>	<a href="#">Lower Barn</a>	
23-Apr	Noon Hill "V for vendetta"	<a href="#">Bottom of Noon Hill, Belmont Road (Track)</a>	<a href="#">Upper Barn</a>	
30-Apr	Lead Mine Cloughs "Pendulum"	<a href="#">Lead Mine Clough</a>	<a href="#">Lower Barn</a>	RTM Foe Edge race the day before
7-May	Two lads tempo	<a href="#">George's Lane</a>	<a href="#">Curley's</a>	
14-May	Winter hill scar	<a href="#">Bottom of WH Scar, Belmont Road (Track)</a>	<a href="#">Upper Barn</a>	
21-May	Seven Arches	<a href="#">Terraced Gardens</a>	<a href="#">Lower Barn</a>	Coronation trail race the day before
28-May	Figure of 8s	<a href="#">Yarrow Reservoir South Embankment</a>	<a href="#">Lower Barn</a>	
4-Jun	"Doug's" Res	<a href="#">Yarrow Reservoir West Embankment</a>	<a href="#">Lower Barn</a>	Leo Pollard race that evening
11-Jun	<b>Two Lads Fell race (no session)</b>			
18-Jun	Noon Hill "V for vendetta"	<a href="#">Bottom of Noon Hill, Belmont Road (Track)</a>	<a href="#">Upper Barn</a>	
25-Jun	Lead Mine Cloughs "Pendulum"	<a href="#">Lead Mine Clough</a>	<a href="#">Lower Barn</a>	RTM Eddies Revenge race the day before
2-Jul	Two lads tempo	<a href="#">George's Lane</a>	<a href="#">Curley's</a>	
9-Jul	Winter hill scar	<a href="#">Bottom of WH Scar, Belmont Road (Track)</a>	<a href="#">Upper Barn</a>	
16-Jul	Seven Arches	<a href="#">Terraced Gardens</a>	<a href="#">Lower Barn</a>	
23-Jul	Figure of 8s	<a href="#">Yarrow Reservoir South Embankment</a>	<a href="#">Lower Barn</a>	
30-Jul	"Doug's" Res	<a href="#">Yarrow Reservoir West Embankment</a>	<a href="#">Lower Barn</a>	
6-Aug	Noon Hill "V for vendetta"	<a href="#">Bottom of Noon Hill, Belmont Road (Track)</a>	<a href="#">Upper Barn</a>	
13-Aug	Lead Mine Cloughs "Pendulum"	<a href="#">Lead Mine Clough</a>	<a href="#">Lower Barn</a>	
20-Aug	Two lads tempo	<a href="#">George's Lane</a>	<a href="#">Curley's</a>	
27-Aug	Winter hill scar	<a href="#">Bottom of WH Scar, Belmont Road (Track)</a>	<a href="#">Upper Barn</a>	RTM Holcombe Two Towers race the day before
3-Sep	Seven Arches	<a href="#">Terraced Gardens</a>	<a href="#">Lower Barn</a>	RTM Hades Hill race that evening
10-Sep	Figure of 8s	<a href="#">Yarrow Reservoir South Embankment</a>	<a href="#">Lower Barn</a>	
17-Sep	"Doug's" Res	<a href="#">Yarrow Reservoir West Embankment</a>	<a href="#">Lower Barn</a>	
24-Sep	Lead Mine Cloughs "Pendulum"	<a href="#">Lead Mine Clough</a>	<a href="#">Lower Barn</a>	
1-Oct	<b>Back on the roads boo-hiss</b>		<a href="#">Curley's</a>	
<b>Bad Weather Option</b>				
	Yarrow Waterfall	<a href="#">Bumpy Track (Top End of Water Fall)</a>	<a href="#">Lower Barn</a>	Warm up to top. set 1 - down/up/down. Set 2 - up/down/up/down. Set 3 - up/down/up

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Sessions	Session Location	Meet Up location	Description
Pike race practice	<a href="#">Rivington High School</a>	<a href="#">Rivington High School</a>	Trot by the side of the school with a bit of a loop near the rocky road for a warmup. Then Bend to the cattle grid x 4, bottom field of pike race x 4 followed by top field x 3
Figure of 8s	<a href="#">Yarrow Reservoir South Embankment</a>	<a href="#">Lower Barn</a>	A run to the side of Yarrow reservoir followed by 25 minutes of constant effort doing figure of 8s on the side of the res
"Doug's" Res	<a href="#">Yarrow Reservoir West Embankment</a>	<a href="#">Lower Barn</a>	Warm up to the end of Yarrow Res before doing a pyramid session of 3,2,1 1-1-1 on the steep side of the reservoir. Wear insect repellent!!!
Noon Hill "V for vendetta"	<a href="#">Bottom of Noon Hill, Belmont Road (Track)</a>	<a href="#">Upper Barn</a>	Gentle run up to the base of noon hill followed by roughly 4 efforts of the V possible run along to Winter Hill Scar and descend on old winter hill race route
Lead Mine Cloughs "Pendulum"	<a href="#">Lead Mine Clough</a>	<a href="#">Lower Barn</a>	Warm up run alongside the reservoirs to Lead Mine Cloughs followed by a pendulum effort - 5/6 times on each side
Two lads tempo	<a href="#">George's Lane</a>	<a href="#">Curley's</a>	2 x loop of up Two lads from cafe, down the way the race comes up - continuous effort. Good for gauging effort up and down hill on race day.
Winter hill scar	<a href="#">Bottom of WH Scar, Belmont Road (Track)</a>	<a href="#">Upper Barn</a>	1.5 mile warm up to the base of winter hill scar. 4 efforts to the top. Long downhill practice afterwards following stream
Seven Arches	<a href="#">Terraced Gardens</a>	<a href="#">Lower Barn</a>	Warm up to the base of the seven arches followed by 6 efforts to the 7 arches. Followed by 3 efforts on the hill that led us there
Yarrow Waterfall (Bad Weather Option)	<a href="#">Bumpy Track</a>	<a href="#">Lower Barn</a>	Warm up to top. set 1 - down/up/down. Set 2 - up/down/up/down. Set 3 - up/down/up