

Farringdon

Pack A - 6min, 4 x 1min then REPEAT
Recoveries: 2min, 3 x 1min, 2min between sets

Pack B,C,D and E - 2min, 5 x 1min then REPEAT
Recoveries: all 1 min, 2 min between sets

Start all efforts at Silksworth Lane Underpass and keep repeating the sets (or part sets) to finish at the roundabout at the bottom of Premier Road.

Pack E – Queen Alexandra Road to The Barnes; Silksworth Lane (through underpass); past Sainsbury's & Puma Centre & Ski Slope. Turn right onto North Moor Lane, past McDonalds. Turn right onto Durham Road to Prospect Junction. Turn right onto Premier Road, then Silksworth Lane and QA Road.

4.9mls

Pack C and D – As Pack E except at McDonalds TURN LEFT and go up Durham Road as far as Holy Rosary, then return back down Durham Road to Prospect Junction. Turn right onto Premier Road, then Silksworth Lane and QA Road.

5.6mls

Pack B – As Pack E except at North Moor Lane TURN LEFT past Cavalier Pub. Turn right onto Silksworth Road, just past roundabout turn right onto Allendale Road. Continue to North Moor Lane, turn left to McDonalds then return as other packs.

6.3mls

Pack A – As Pack B except continue along Silksworth Road to the Board Inn, then turn right onto Durham Road. Turn right onto Premier Road and return as other packs.

7.0mls