

Roker Hill Efforts Plus Mile

Pack E – Warm up to North Side of Wear Bridge.
From Bus Stop undertake MILE EFFORT to Bungalow Cafe.
Recover down bank towards Marina.
Conduct 2 x Hill Efforts up bank to garage.
Recover down riverside path past Glass Centre to bottom of Bonnersfield Bank.
Conduct 2 x Hill Efforts up Bonnersfield Bank.
Warm down back through town to Ashbrooke.

5.4mls

Pack C and D – Warm up to North Side of Wear Bridge.
From Bus Stop undertake MILE EFFORT to Bungalow Cafe.
Continue along Roker Parade, drop down steps to Smugglers Pub.
Conduct 1 x HILL EFFORT up bank to Bungalow Cafe.
Recover down bank to Marina.
Conduct 2 x HILL EFFORTS up bank to garage.
Recover along riverside path past Glass Centre.
Conduct 2 x HILL EFFORTS up Bonnersfield Bank.
Warm down back to Ashbrooke.

6mls

Pack B – Warm up to North Side of Wear Bridge.
From Bus Stop undertake MILE EFFORT to Bungalow Cafe.
Continue along Roker Parade, drop down steps to Smugglers Pub.
Conduct 2 x HILL EFFORTS up bank to Bungalow Cafe.
Recover down bank to Marina.
Conduct 3 x HILL EFFORTS up bank to garage.
Recover along riverside path past Glass Centre.
Conduct 2 x HILL EFFORTS up Bonnersfield Bank.
Warm down back to Ashbrooke.

6.3mls

Pack A – Warm up to North Side of Wear Bridge.
Conduct 3 x HILL EFFORTS up Bonnersfield Bank.
Recover along Dame Dorothy to garage.
Conduct 4 x HILL EFFORTS up bank to garage.
Recover past Marina to bottom of Roker Bank/Smugglers Pub.
Conduct 3 x HILL EFFORT up bank to Bungalow Cafe.
From Bus Stop opposite Queen Vic undertake MILE EFFORT to Wear Bridge.

7.4mls