

Seaburn - Southwick

Pack A 12 x 2 minutes (1 min recoveries)

Other packs Lampost Intervals

Pack E – Through town, over Wear Bridge. From bus stop do lampost efforts – push to first lampost, recover to next, push to third lampost, recover to next etc until Bungalow Cafe. Regroup, turn around and recover to garage. Repeat lampost efforts to Wear Bridge, regroup and recover to Ashbrooke.

5.0 mls

Pack C and D – Through town, over Wear Bridge. From bus stop do lampost efforts – push to first lampost, recover to next, push to third lampost, recover to next etc until garage on RHS. Regroup and continue to Bungalow Cafe. Now push for 2 lamposts, recover for 2 along seafront. Suggest do 4 x double lamposts efforts out then do a loop recovery for a couple of mins and repeat the same efforts on the way back to Bungalow Cafe. Regroup and recover to garage, repeat single lampost efforts to Wear Bridge, regroup and recover to Ashbrooke.

6.25 mls

Pack B – As Pack C and D but suggest 5 double lamposts out and the same back.

6.50 mls

Pack A – Through town, over Wear Bridge. From bus stop 6 x 2 min efforts (1 min recovery) to seafront, past Roker Park and Marriot Hotel. Two min recovery then 6 x 2 min efforts up Dykelands Road. TL into Dene Road, TR to go past Seaburn Metro to Fulwell Mill. Thompson Road to Southwick, across Green and across QA Bridge, recover to Ashbrooke.

7.75 mls