

Gill Bridge / Panns Bank

Suggested efforts:

Pack A – 16 x 90s

Pack B – 20 x 1 min

Pack C – 18 x 1 min

Pack D – 16 x 1 min

Pack E – 14 x 1 min

Recoveries: All 1 min

All efforts start at the end of the footbridge up from Kings Arms on Farringdon Row, heading to Vaux Site. Route is across footbridge, turn right and head past Vaux car park, right again onto main road then turn next right, down hill passing under footbridge.

Follow main path down river, go down steps, under Wearmouth Bridge then sharp right up cobbled bank beneath Echo 24.

At top go left down road to student accommodation, turn left back onto riverside, left again, back under Wearmouth Bridge but keep right along riverside. Follow riverside path all the way to end and turn left on road, past Hanover Place and Kings Arms up hill back to start. Repeat until all efforts complete, return to Club.

Pack A and Pack B should get two full circuits in. The rest of the packs do one full circuit then reduce the 2nd circuit to suit the pace of the pack, the number of efforts can also be adjusted accordingly.