

# **Silksworth Sports Complex**

## **Grass efforts around ski slope and top of track**

The start of the efforts is at the ski slope car park, all packs go directly to the start either via the underpass and the Puma Centre or the path into the complex off Premier Road (underpass is slightly shorter)

ROUTE – go between the trees and up the grass bank at the right hand side of the ski slope, drop down the other side to the left and across the football pitch, cross the footpath and go through the gap in the trees and run around the other pitches and through the playground next to the Puma, cross the path and follow the footpath up through the other playground where the slides are, bear right at the top and go past the 5 a side pitches continuing anticlockwise around the top of the running track bowl to bring you out at the car park where you started.

SESSION – efforts are 1min (1), 2min (1), 3min (2) repeated. Recoveries in brackets and can be varied if needed to suit the pack.

TIME – Pack leaders, base the session on time rather than number of circuits, note how long it takes your pack to get to the start and allow the same time to get you back to the club for around 8.25. Repeat the circuits in the time you have and make the last one a part circuit if you are getting short of time.