

WHOLE CLUB SESSION

Hendon Prom

Start point is northern end of Hendon Prom

Warm-Ups

A Pack – Ashbrooke Road – Queen Alexandra Road – Ryhope Road
– Ocean Road – Hendon Prom

B Pack – Ashbrooke Road – Mowbray Road – Ryhope Road – Villette
Road – Corporation Road – Turn Left before allotments, cross car
park & A1018 – Hendon Prom

C Pack – Ashbrooke Road – Queen Alexandra Road – Ashbrooke
Range/The Cedars – Villette Road – As above

D & E Packs – Ashbrooke Road – Backhouse Park – Ryhope Road –
Villette Road – As Above

Session

A Pack run out and back full length of Prom (1 mile); B Pack run
continuous loop up paths and back. When A Pack return, swap over.
Aim to do 4 swaps

C+D & E Packs do exactly as above except turn point on Prom is
last parking space (0.6 mile total).

Recovery