

WHOLE CLUB SESSION

Tunstall Hills

Meet at Ashbrooke at usual time

Warm up in groups following the route below

Start point for efforts is path junction beneath Hollycarside

Warm-Ups

A Pack – Ashbrooke Road – Queen Alexandra Road – Tunstall Road (Strawberry Bank) – The Precinct – Onto Tunstall Hills – Down to start point

B Pack – Ashbrooke Road – Queen Alexandra Road – Sea View Road/Helvellyn Road – Cross Leechmere Road – Up to Old Changing Rooms – Down to start point

C Pack – Ashbrooke Road – Queen Alexandra Road – Sea View Road/Helvellyn Road – Cross Leechmere Road – To start point

D & E Packs – Straight to start point

Session

From start point run in any direction for 6 minutes, turn and get back to start point in 5 minutes.

Repeat twice more, ideally using 2 different routes to the first one.

Recovery