

Seafront – minute efforts

Route – directly through town centre via Fawcett St. and over Wearmouth Bridge to start efforts at the bus stop at the top of Dame Dorothy Street. Head down to Bungalow Cafe then along the seafront on either the footpath or promenade (or beach if the tide is out)

Do half of the efforts going out then turn around during the recovery and repeat the efforts on the return route to finish back at the bus stop where you started. Return to Ashbrooke.

The efforts are 1 min hard, 1 min recovery with an extra min recovery at the turn round point if required. Suggested number of efforts for the different packs as follows;

Pack A – 22 x 1min

Pack B – 20 x 1min

Pack C – 18 x 1 min

Pack D – 16 x 1min

Pack E – 14 x 1min

The number of efforts are flexible and can be changed up or down by the pack leader to suit the ability of the pack.