

Strawberry Bank

Packs A and B warm up route - from Ashbrooke turn right, then left onto Q A Rd, turn right up Sea View Rd West, then Helvellyn Rd and turn right onto Leechmere Rd. Then down Strawberry Bank.

Packs C and D can turn right earlier off Q A Road onto Greystoke Ave (at traffic lights).

Pack E can head directly to Strawberry bank.

Pack A:

Continue warm up left along Q A Rd to bottom of St Nicholas Ave, then 8 short efforts up St Nicholas Ave as far as Heatherlea Gdns, after the 8th effort continue up to Crosslea Ave, turn left and along to Strawberry Bank, then down to Bainbridge Holme Rd to do 15 min loop.

Pack B:

Continue warm up left along Queen Alexandra Road to bottom of Bainbridge Ave. Then 8 short efforts up Bainbridge Ave as far as Hill View Gardens. After 8th effort continue up to Crosslea Ave, turn left and along to Strawberry Bank, then down to Bainbridge Holme Road to do 15 min loop.

Pack C:

Do 15 min continuous loop first, putting effort in from bottom of Bainbridge Holme Rd all the way up and left onto Crosslea Ave, finishing at corner and recover back down Strawberry Bank. At the end of the 15 mins regroup at corner of Crossley Ave. Then 8 short efforts between Pemberton Gdns and Fernsway, jog back down to recover.

Packs D & E:

Same session but short efforts first then 15 min loop.

ALL

Option for warm down, back along Crosslea Ave to Silksworth Lane then back to club, but a lot of folk will just head directly back

b
y

t
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e