

Pyramids & 20s Per Mile

Pack A, Pyramids – Farringdon

1min / 2min / 2min / 4min / 8min / 4 min / 2 min / 1 min / 1min

Recoveries 30s / 30s / 30s / 60s / 120s / 60s / 30s / 30s

Start efforts at Silksworth Lane Underpass

Other Groups – 20s Efforts per Mile

Note for those doing the 20secs per mile session – there might not seem to be a lot of efforts in the session but the idea is to run between the efforts at your own tempo pace and not at a slower recovery pace. So the effort is a short blast, 20-30 secs (timing doesn't have to be exact) short recovery then continue to the next start point at individual tempo pace. Pack leaders to regroup at the start of each effort.

Pack E – To Ryhope Road via Mowbray Road – FIRST 20s effort.

Continue down Ryhope Road to Alexandra Pub, turn right – SECOND 20s effort.

Continue past Asda to Hollymere – THIRD 20s effort.

At roundabout cross to LHS, follow path down to underpass, cross Silksworth Lane – FOURTH 20s effort.

Cross Premier Road at Hipsburn Drive – FIFTH 20s effort.

At Barnes head back to Club along Queen Alexandra Road.

4.5mls

Pack C and D – To Ryhope Road via Mowbray Road – FIRST 20s effort.

Continue down Ryhope Road to Alexandra Pub, turn right – SECOND 20s effort.

Continue past Asda to Hollymere – THIRD 20s effort.

At roundabout cross to LHS, follow path down to underpass, cross Silksworth Lane – FOURTH 20s effort.

Continue on Premier Road to Durham Road, at roundabout – FIFTH 20s effort.

Continue along Durham Road, after crossing Tudor Grove – SIXTH 20s effort.

5.5mls

Pack B – To Ryhope Road via Mowbray Road – FIRST 20s effort.

Continue on Ryhope Road past Queen Alex Pub – SECOND 20s effort.

Continue down Ryhope Road to B&Q, turn right – THIRD 20s effort.

Continue to Hollymere, cross road – FOURTH 20s effort.

At roundabout cross to LHS, follow path down to underpass, cross Silksworth Lane – FIFTH 20s effort.

Continue on Premier Road to Durham Road, turn right – SIXTH 20s effort.

6.3mls

Pack A – Queen Alexandra Road to The Barnes; Silksworth Lane (through underpass) start efforts from here; past Sainsbury's & Puma Centre & Ski Slope. At

North Moor Lane TURN LEFT past Cavalier Pub. TURN RIGHT onto Silksworth Road to the Board Inn, then turn right onto Durham Road. Turn right onto Premier Road and return down Silksworth Lane/QA Road.

7.0mls