

Grangetown

6min and 2 x 3min then REPEAT

Option to repeat part or all of it again!!

Pack A and B – Recoveries 90sec, 1min, 1min

Pack C, D and E - Recoveries 3min, 1min, 2min

Pack E – From Ashbrooke down to Alexandra Pub, **start session from here**, heading up towards Asda. Continue along Leechmere Road, turn right onto Strawberry Bank then immediately left along Crosslea Avenue. Cross Silksworth Lane and follow Premier Road to the Lidl Junction, turn right onto Durham Road, down to The Barnes and then home to Ashbrooke.

5 ¼ miles

Pack C and D – As Slow Pack except continue down Strawberry Bank, turn left onto Queen Alexandra Road, turn left onto Silksworth Lane (cross where safe) then turn right onto Premier Road, turn right onto Durham Road and home via The Barnes.

5 ¾ miles

Pack B – As Slow Pack but **start efforts from Asda roundabout** on Leechmere Road. Use Crosslea Avenue but at junction with Silksworth Lane use underpass to follow road past Sainsbury's, the Puma Centre and ski slope. Continue turning right onto North Moor Lane to McDonald's, turn right onto Durham Road to Lidl Junction. Turn right along Premier Road, returning via Silksworth Lane/QA Road.

6 ¾ miles

Pack A – From Ashbrooke to QA Road, through Grangetown to Toll Bar Junction (**start session here**). Up Toll Bar Road to Hollymere, continue along Leechmere Road to Strawberry Bank, turn right then left onto Crosslea Avenue. Turn left onto Silksworth Lane using underpass to follow road past Sainsbury's, Puma Centre and ski slope. Turn right onto North Moor Lane to McDonald's turning right onto Durham Road. Turn right at Lidl Junction onto Premier Road, return via Silksworth Lane and QA Road.

7 ¾ miles