

Humbledon Hill Session

Pack A warm up:

Turn right out of Ashbrooke, right again, past St. Aidan's, right and right again at roundabout onto Tunstall Rd. Turn left at next roundabout onto Thornholme Rd, past Barnes, straight on up Silksworth Lane. Turn right at roundabout onto Premier Rd, then next right onto Hipsburn Dr and run to junction with Seaforth Rd (5th on left)

Pack B and C warm up:

Turn left out of Ashbrooke, left again then right onto Tunstall Rd, then as above.

Pack D and E warm up

Turn left out of Ashbrooke, left again then right onto Tunstall Rd. Turn left at roundabout onto Thornholme Rd, past Barnes. At lights turn right then 1st left (opposite entrance to garage) onto Hipsburn Dr, run to junction with Seaforth Rd (6th on right)

Session starts at the bottom of Seaforth Rd.

1st effort to top of short bank, re-group at top and recover along flat section to Durham Rd.

2nd effort up Bede bank to junction with Tudor Grove, re-group and recover turning left onto Tudor Grove.

3rd effort starts at empty plot on left to bottom of hill (careful – speed bumps!) re-group at bottom, recover turning left onto Premier Rd then left again to bring you back to start (1 mile)

Suggested laps: (Add or omit distance to suit ability of the pack)

Pack A – 4/5 laps

Pack B – 4 laps

Pack C and D – 3 laps

Pack E – 2 laps