

Roker/Seafront 90 secs efforts

Route – All packs, straight through town centre via Fawcett St. and over Wearmouth Bridge. Start session at bus stop at the top of Dame Dorothy St, down to Bungalow Cafe and left along the seafront (out and back)

Efforts are 90 secs with 1 min recovery (optional extra min recovery at half way/turn round point)

Suggested number of efforts for each pack as follows, turn round after half of the efforts. The number of efforts can be varied up or down to suit the ability of the pack but should be timed to get back to the club before 8.30pm.

Pack A - 16

Pack B – 14

Pack C and D – 12

PACK E - 10