

SILKSWORTH SLOPES

Pack A

- 1) Head to Complex entrance road off North Moor Lane – 5 x 200m hill sprints, jog down recovery
- 2) Move to Lakeside Village end of lake – 3 x hill efforts recover down
- 3) Move to track – 4 x hill efforts up to car park
- 4) Move to bridge below Sainsbury's – 2 x full hill efforts to skate park

Pack B

- 1) Head to Lakeside Village end of lake – 3 x hill efforts recover down
- 2) Move to track – 3 x hill efforts to car park
- 3) Move to entrance road – 4 x 200m hill sprints
- 4) Move to bridge below Sainsbury's – 2 x full hill efforts to play park

Pack C and D

- 1) Head to track – 3 x hill efforts to car park
- 2) Move to entrance road – 4 x 200m hill sprints
- 3) Move to bridge below Sainsbury's – 4 x parkrun hill

Pack E

- 1) Start at bridge below Sainsbury's – 3 x parkrun hill
- 2) Move to play park – 3 x hill efforts to skate park