

SUNDERLAND STROLLERS CLUB SESSION

Barnes Park 1K

Start / Finish - Bench near Bin (See image below)

Warm-Ups

A Pack – West Lawn – Tunstall Vale – Tunstall Road – Derby Street – Durham Road to the Barnes – Into Barnes Park

B Pack – West Lawn – Tunstall Vale – Tunstall Road – Thornholme Road – Durham Road to the Barnes – Into Barnes Park

C Pack – Straight to Start Point, extra circuits of park paths until everyone arrives

D & E Packs – Straight to Start Point

Session

1K repeats with 90 seconds rest recovery. No. of reps at discretion of pack leader but suggestions as follows :-

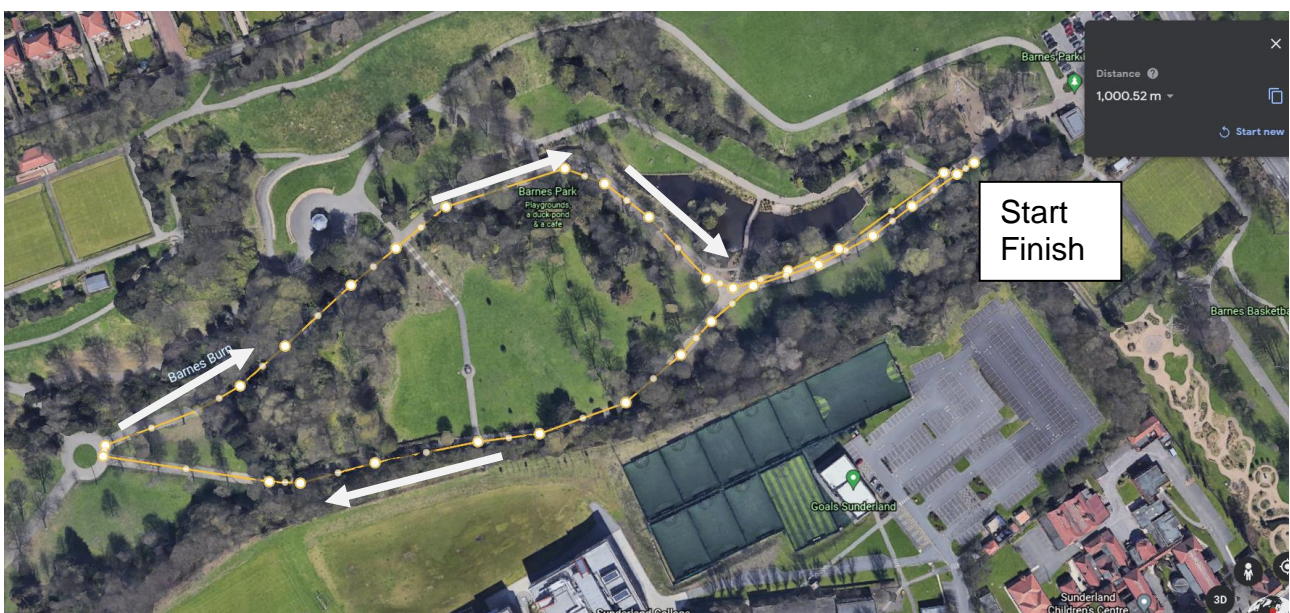
A Pack – ~6

B Pack – ~5

C Pack - ~4

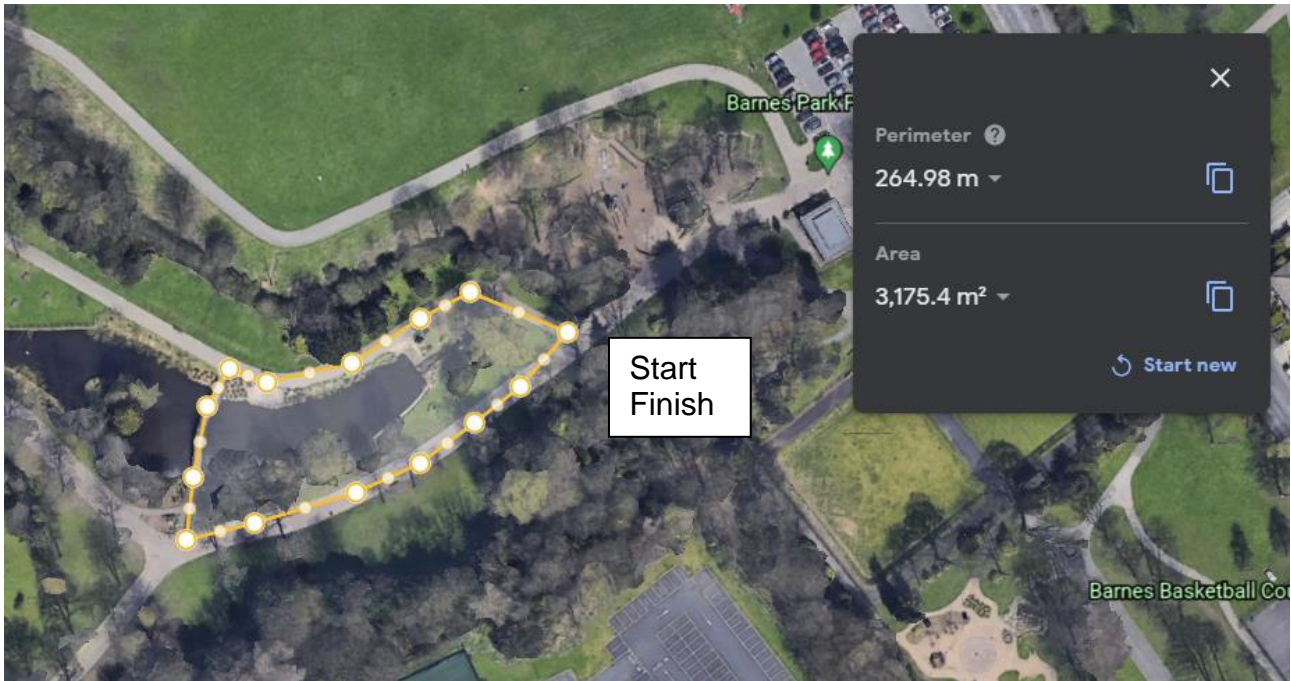
D Pack - ~3

E Pack - ~3



Pairs Relay

End of session - group pairs up. First runner completes a small lap of the pond, Hand over to 2nd runner in pair



Approx. 3 reps each

Recovery

Back to Ashbrooke