

Bud Session (2 x 8mins (2) 5 x 1 min (1))

Warm up: From the car park head out (right) on to Dagger Lane. Run a loop where we carry out 400 efforts (Phil's) then head back via Hallam Street. Meeting back at the gates to the Cenotaph at Dartmouth Park. (1.2miles)

Session Part 1: At faster than 5k pace run out for 8 minutes hard. Following the map below (and separate). Two minute static recovery then turn around and match your effort back.

The route is back along Dagger Lane, doing a loop of Phil's once more then out towards the Newton Road. Once the 8 minutes are over wait 2 mins (static recovery) before turning around and returning.

Session Part 2: once complete and everyone is back in a location will be found for 5 x 1 minute effort with 1 minute recoveries.



