

## Session 26 – Kelvin Way – 1k (1), 300 (1), 300 (1) x 6

**Warm up:** Run down towards the town centre, passing the college and straight down Spon Lane, till the T junction with Kelvin way, turn right and meet at the centre of Kelvin Way as shown on the map. (1mile)

**Session.** Main session 1k (1), 300 (1) 300 (1) x 5

The 1k is a complete circuit of Dawes Ave back to the starting point, the 1 minute is a walk through the ally.

The first 300 is a half of the above lap heading out in a clockwise direction.

The second 300 is half of the above lap but not including an ally walk.

Full lap, Ally walk, half lap right, static 1min, half lap left Ally walk x 5

**Warm down:** Jog back to club via the same route – as a group.

