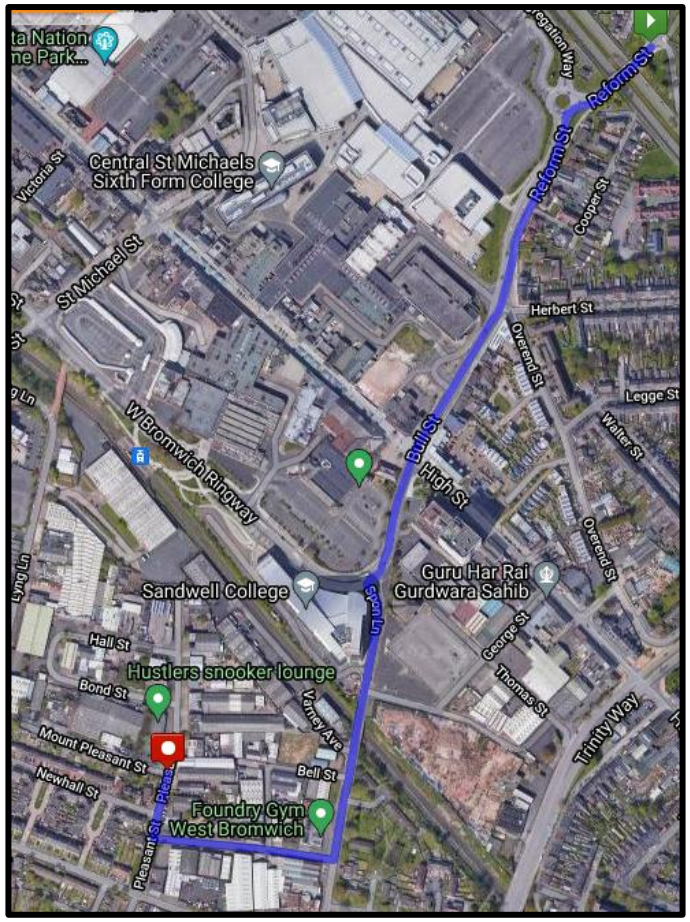
Husslers Dimaryps ([4], 3, 2, 1, 2, 3, [4])



Warm up: Run down towards the college and down Spon Lane. Turning right at the gym in to Watton St, then again right in to Pleasant St. The warm up includes a familiarization loop of the session to make the distance up to 1 mile.

Session. The session comprises of a series of loops around the industrial area. Like Pyramids but backwards – hence dimaryp. From the Mount Pleasant, turning left passed the snooker hall and complete a loop of Bond Street / Hall Street. Your coach will advise you on the format but for pyramids you will do 3 or 4 lap then return for a recovery (1 minute) before heading off for another round of laps and repeat as instructed.

Warm down: Jog back to club as a group