

Albert and Dora – 400 (1) 400 (1) 800 (90) x6

Warm up: By running down towards the college, passing the gym and taking the next left on to Sams Lane. Run down Sams lane until Morris Street, head down Morris Street to the junction of Albert Street.

Session. Start with the bigger loop (bottom Left) run down Morris St, following the road around the bend and on to the cycle path (turning right) . Follow the path up to the road junction and follow the road round to the left back on to Sams Lane then back in to Morris St for 1 min static recovery. The 400m loop is the inner loop of Dora Road, on to the cycle lane and back round to Morris lane – ensure runners run in the same direction as previously.

Warm down: Jog back to club as a group.

