

Hussler's Pyramids (1, 2, 3, [4], 3, 2, 1)

Warm up: Run down towards the college and down Spon Lane. Turning right at the gym in to Watton St, then again right into Pleasant St. The warmup 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. 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 1 lap then return for a recovery (1 minute) before heading off for 2 laps and repeat as instructed. Warm down: Jog back to club as a group.

