

Meet and Retreat

1 mile jog from the club house to Europa Avenue. Then strides and drills to warm up.

Pair up with another runner of any ability, both runners will be running for the same amount of time, so this is a good session for a mixed ability group.

run in opposite directions around the Europa loop then when meeting reverse back to the start.

Rest for 90 seconds then repeat but in the reverse direction to the one you completed previously. Agree the number of reps to be performed.

