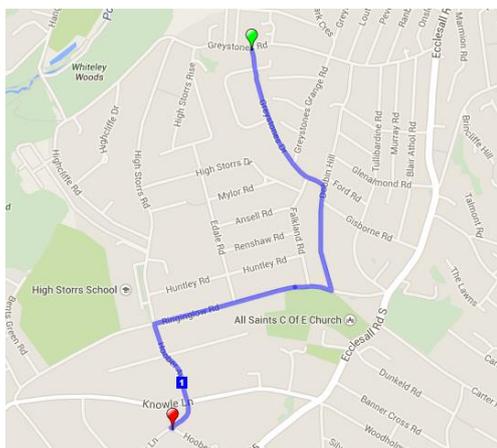


## Intervals at Haugh Lane

Meet at Greystones at 7.00pm.



### 1 mile warm up:

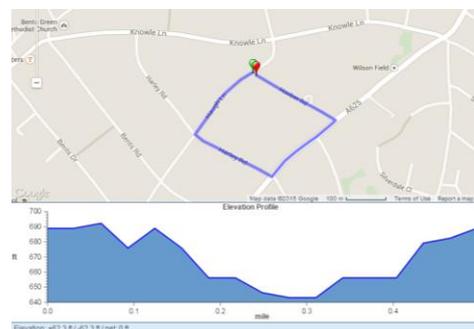
- Run along Greystones Drive and Dobbin Hill
- At the junction, turn right and run up Ringinglow Road and turn first left Hooper Avenue.
- Cross Knowle Lane and go straight across (Haugh Lane)
- Stop at first left - the junction with Hooper Road.

We will split into groups of runners who want to do a similar session (see below). Please don't go off on your own!

### Interval courses:

There are three courses but to prevent any safety issues with runners going in different directions on the same pavement, please follow the directions specified:

1. **0.5 miles:** Run along Haugh Lane and turn 1<sup>st</sup> left down Harley Road. Run down Harley Road to Ecclesall Road South. Turn left and run up Ecclesall Road South turn 2<sup>nd</sup> left into Hooper Avenue and up to junction with Haugh Lane to the start.
2. **0.7 miles:** Run along Haugh Lane crossing Harley Road. Turn left at Bents Road and run down to Ecclesall Road South. Turn left and run up Ecclesall Road South turn 2<sup>nd</sup> left into Hooper Avenue and up to junction with Haugh Lane to the start.
3. **1.1 miles:** Run along Haugh Lane crossing Harley Road. Turn left at Bents Road and run down to Ecclesall Road South. Turn left and run up Ecclesall Road South turn 3<sup>rd</sup> left into Knowle Lane and up to junction with Haugh Lane. Turn left into Haugh Lane and on to the start.



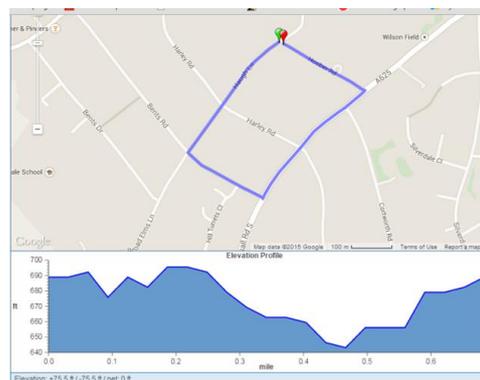
### What to do

Depending on needs/ability/pace/ etc groups could do, each with a **3 minute recovery** between laps

**Either:** a pyramid session: 0.5 miles, 0.7 miles, 1.1 miles, 0.7 miles, 0.5 miles

**Or:** a descending pyramid: 1.1miles, 0.7 miles, 0.5 miles (repeat if time!)

**Or repeats of one particular lap:** – this is a good choice if you are trying to “memorise” a particular pace as you can attempt to run each lap in the same time.



**Or, the courses also lend themselves to Fartlek** – This is particularly suitable for runners who find it difficult to maintain the effort required for doing the full lap at a high intensity pace. Each lap has four “sides”, so run the first side at high intensity, jog gently down the second side, run the third side at high intensity and jog the last side gently back to the start.

### Finish

We will gather at the Start at 7:50 approx for a headcount and a slow cool-down run back to the Greystones.

