

**Pre-warmup**

Lunges to loosen everything.

**Section 1**

Slow run through park to end and up steps onto road.

Turn left at the top of the steps, then left by the Italian Restaurant and run along the pavement outside the park.

At about ONE MILE (gate into park by children's playground) do some strides to get your legs moving faster:

- 100m of fast: 50 counts of one foot nearly as fast as you can – concentrate on running form! Head up, shoulders, arms and hands relaxed, feet straight – on your toes/front of foot... etc. Don't stop at the end, but immediately slow down ! **SLOW!** >>>
- 100m of **slow**: absolutely no faster than just jogging speed – (best if just one person) counts 50 steps of one foot whilst letting everyone catch up so you're together before you start the next fast one.
- 100m of fast
- 100m of slow
- 100m of fast

You should now be back to the car park and quite breathless.

**Section 2**

At the car park make sure you're not in the Flat Mile segment – stay by the pay- machine. Get your breath back and focus on the mile.

When the people in front of you are about 100m along the path, run the flat mile segment in groups of about 4 or 5.

- If you are part of the team challenge, you probably want to do it at a reasonable pace but not racing.
- If you are entered as an individual and only intend doing it once, then go for it!
- If you are not part of the Smiley Miley Challenge, use this as a tempo run (about your 10k pace) and run hard

At the end of the segment, wait for the rest of your group in the area PAST the bridge (by the fish jumping things) and get your heart rate back to normal!

**Section 3**

If you have time and energy – and your group are in agreement - use the rest of the time to do an out-and-back along the pavement towards Totley.

Meet back at the car park at 8:00pm

**Leaders:**

- Sue Bains
- Pam Leon
- Ali Griff
- Kerry Newton
- Cath Jackson