

# Beauchief Intervals

Star at the car park, run through the park, turn right at the end on to Archer Road, then right again up Hutcliff Wood Road and then right onto Folds Lane.

Groups 1 and 4 start with the green loop round Folds Lane and Dalewood Avenue

Group 2 start with the blue Folds Crescent loop

Group 3 start with the little purple loop (Daleview Road)

When you have done one loop, jog to the next, catch your breath and start the next.

Rotate round until 7:50 then head back to the start via Abbey Lane.



If you're feeling the heat, visit 135 Folds Lane for a water stop.

Run anticlockwise and stick to the left. Fingers crossed we won't crash into each other.