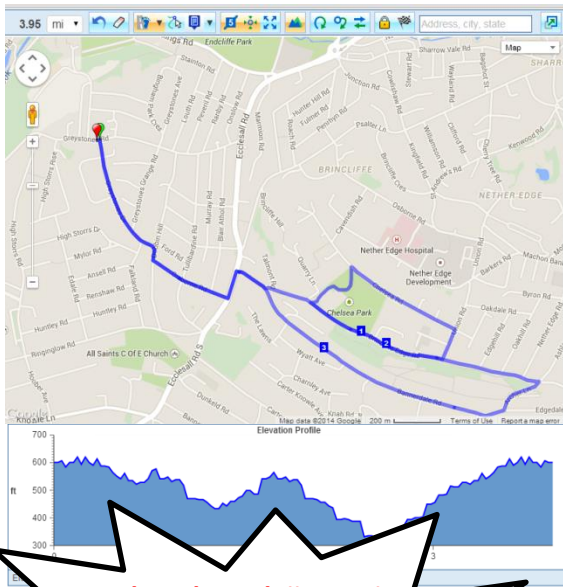


Hill Reps at Chelsea Park

- Slow jog **warm up** to Chelsea Park.
- **HILL REPEAT** as required adding 0.95 mile or 0.48 mile per rep
 - Either:* 0.95 mile loop: anticlockwise (down Brincliffe Edge Road, down Union Road, up Chelsea Road, up through park to start.)
 - Or:* 0.48 mile loop: clockwise (up Quarry Lane, through to Chelsea Road, down to park entrance and up through park to start)
- **SLOW recovery jog downhill**
- **LOTS of effort uphill**
- **Cool down:**
 - *Either:* 2.15 mile Down Brincliffe Edge Road, down Archer lane, Up Bannerdale Road and back through Greystones to start.
 - Or 0.85 mile back on outward route

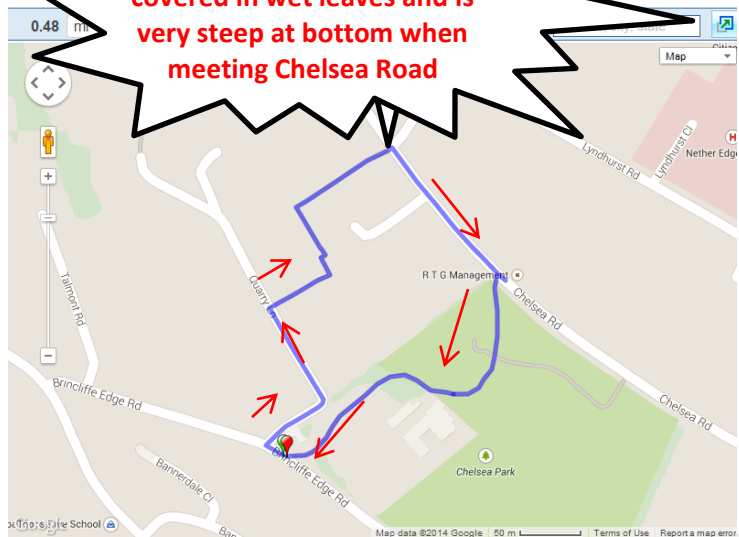


Safety Notes:

- Even if there are lights in the park (to be confirmed) , it could be worth wearing headtorches.
- As it will be dark, I would suggest everyone maintains the anticlockwise direction for the hill rep.
- The park paths may be slippery which will be safer if we are going up through the park rather than down.
- Provided everyone is going the same direction, it shouldn't matter that slower runners are being overtaken by faster.

Go slow through jitty as is covered in wet leaves and is very steep at bottom when meeting Chelsea Road

Stay on road going down as raised pavement is covered in wet leaves



ALWAYS UPHILL THROUGH PARK

