

Smiley Evening Hill session



Along **Abbeydale Road**, cross carefully.
Just before The Broadfield, turn up **Glen Road**.

PLEASE WATCH OUT FOR CARS ON THE FOLLOWING ROADS! Look after each other

HILL 1. Run UP **Sandford Grove Road**
DOWN **Rupert Road**
Left along **Glen Road**

HILL 2. Run UP **Ashford Road**
Right along **Brincliffe Edge Road**
Jog DOWN **Nether Edge Road**
Left along **Byron Road**

HILL 3. Run UP **Oakhill Road**
Right along **Brincliffe Edge Road**
Jog DOWN **Edgehill Road**
Left along **Oaksdale Road**

HILL 4. Run UP **Union Road** to the junction with **Chelsea Road** (★ Group 4 turn back here)
Run UP **Chelsea Road** to the park entrance. (★ Group 3 turn back here)
Pause for a breather

HILL 5. Run UP through **Chelsea Park** to the top entrance
Jog ALONG and DOWN **Brincliffe Edge Road** to the junction with **Union Road**

Now try something different for your return route....

Run fast DOWN **Union Road** and pick up your outward route.

Reverse the route you took on the way out, but running hard DOWN the roads and jogging recovery UP the hills

When you're back on Abbeydale Road, cross and run at a recovery pace back to the start.