



#### Session 4 - Part 1

#### **Steady Continuous Run – 25-30 mins**

To beach front via East Looe town. On arrival at the promenade, proceed straight into any of the following options:

1. Head down East Looe quay towards the fish market. Turn right into the Rose Garden and back out on to Fore Street.  
Return to beach front via the Boscarn gate and back on to the promenade.
2. Straight down East Looe quay. Turn right at Dave's Diner and back on to Fore Street via the alleyway. Return to beach front via the Boscarn gate and back on to the promenade.
3. Straight down East Looe quay. Turn right at Robbie's Ice Cream and return to beach front via town (Boscarn way).

(All routes can also incorporate hill behind between The Ship and Cornish Bakehouse as an additional option).

## **Session 4 - Part 2**

### **Partner Intervals - 10-15 minutes.**

Similar ability partners taking turns to run hard effort from beach front ramp to black gate by lifeboat station, turn right onto road, turn right again at gate to car park by Boscarn, and final right again by beach front ice cream shop to return to partner. Repeat.

### **Considerations**

Runners MUST observe social distancing. Particularly during wait for partner at beach front.

Observe 'keep left' and 'overtake right' rule on partner intervals.

Be mindful and give way to any cars or pedestrians around the area.