



Session 5 - Part 1

Steady run / Lamppost Interval runs – 30-35 mins

Out towards Hannafore and continue onto gate at the end of the road. On arrival, proceed straight into lamppost intervals. Recovery run back to gate each time before hard effort to next lamppost.

Considerations

Runners MUST observe social distancing

Observe 'keep left' and 'overtake right' rule

Caution when crossing/running on the road.

Session 5 - Part 2

Steady/Recovery run - 10-15 minutes

Return to back of Millpool car park. Early arrivals run out and backs from last lamppost to mini roundabout till all runners arrive back.

Considerations

Runners MUST observe social distancing.

Observe 'keep left' and 'overtake right' rule on Lamppost Interval runs.

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