



**Session 6 - Part 1**

**Starfish Laps - 30-35 mins.**

Head to war memorial. On arrival at the War Memorial, proceed straight to any of the starfish legs, ensuring that you return to the War Memorial each time, before heading to the next one. The legs are:

1. The Globe
2. Hill by old Lloyds bank (end at the top of hill where it flattens out)
3. Boscarn
4. Fire Station
5. Millpool Centre

Meet at Millpool Centre to begin Part 2.

### **Considerations**

Runners MUST observe social distancing

Observe 'keep left' and 'overtake right' rule

Caution when crossing/running on the road.

## **Session 5 - Part 2**

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

Starting from Millpool Centre. Similar ability partners taking turns to run hard effort from Millpool Centre to mini roundabout and back to partner. Repeat.

### **Considerations**

Runners MUST observe social distancing.

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

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