



Session 7 - Part 1

Steady run / promenade loops – 30-35 mins (be in the field ready for part 2 ready for 19:35)

Out towards Hannafore and continue to the far foot path that leads on to the promenade. On arrival, proceed down on to the promenade where you have the option to take first, second or third exit back up on to Marine Drive where you will go back to the starting point and repeat.

Considerations

Runners MUST observe social distancing
Observe 'keep left' and 'overtake right' rule
Caution when crossing/running on the road.

Session 7 - Part 2

Hill work - 10 minutes

In the first field, start at the bottom of the slope by the fence and proceed in to hill sprints 3-6 x 30 seconds up and recover 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.