

Storrington Tuesday Session – ST1

Hill Reps Kithurst Park

Warm up -

Circuit once round Hormare Crescent, turn right along Pulborough Road, turn left up NewTown Road, left along Amberley Road and meet at the foot of Kithurst Park.

Session -

Run fast up the r.h.s. of the road to lamppost number 2 (found on the l.h.s. of the road) and jog back down r.h.s. of the road. Repeat for 15 minutes.

Jog up to middle of Kithurst Park, lamppost no 2.

Run fast up the r.h.s. of the road to hedge at top and jog back down r.h.s. of the road to lamppost no.2. Repeat for 15 minutes.

Cool down –

Jog back to Leisure Centre and meet at 6:55pm for stretches.

