

## **Storrington Tuesday Session - ST2**

Warm up route of 1.2 miles via  
Spierbridge Road  
left into North Street  
left into The High Street  
left into Old Mill Drive  
left into Hawthorn Way  
right into Fryern Rd to Wantley Lane

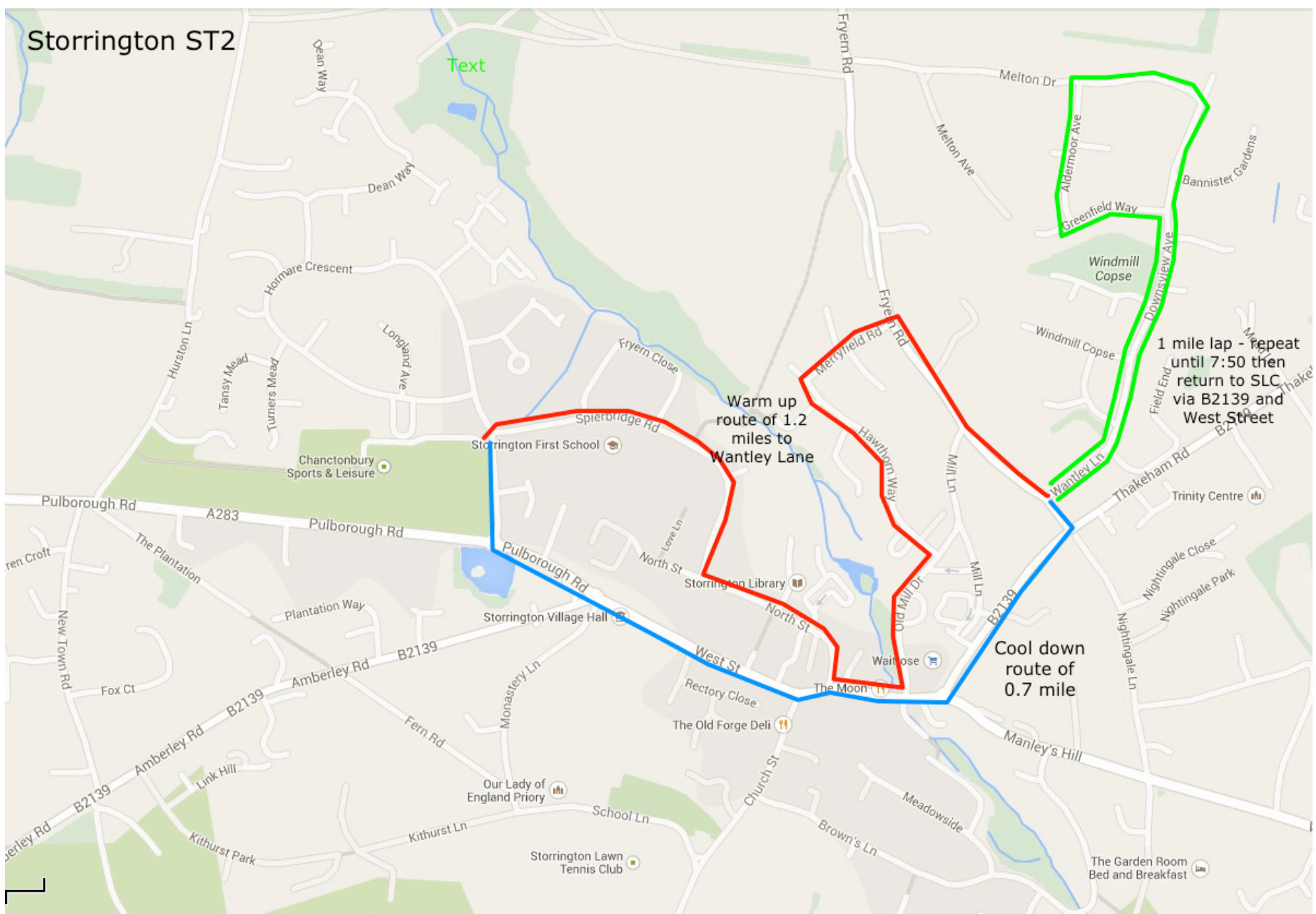
Do either 2 to 4 one-mile laps at a good speed according to your ability comprising:  
Wantley Lane into Downsvie Ave and continue until  
left into Melton Dr  
left into Aldermoor Ave  
left into Greenfield Way  
right into Downsvie Ave/Wantley Lane  
Repeat.

Cool down route of 0.7 mile via  
Turn left out of Wantley Lane then right on B2139  
right into High Street  
continue along West Street / Pulborough Road  
turn right towards the Leisure Centre car park.

Aim to return to SLC by 7:55 p.m. for stretches.

# Storrington ST2

Text



Warm up route of 1.2 miles to Wantley Lane

Cool down route of 0.7 mile

1 mile lap - repeat until 7:50 then return to SLC via B2139 and West Street