

Storrington Tuesday Session – ST3

Warm up route of 1.4 miles via
Circuit around Hormare
left into Spierbridge Road
left into North Street
right into West Street
continue along West Street / Pulborough Road
turn right towards the Leisure Centre car park.

Stop at the end of the path which runs along the North edge of the Leisure Centre Car Park.

Intervals

- Build up speed to the first lamppost along the path then run as fast as you can to approx 10 metres from the end of the path before you get to the road junction.
- Jog around the bend in the road to the next section of path.
- Build up speed to the first lamppost along the path then run as fast as you can to the last lamppost along the path.
- Jog or walk up Turners Mead
- Jog back to the start again via the southern section of Hormare Crescent.

Repeat up to 5 times or until 7:50 and then go for cool down jog around Hormare Crescent, extending it as required to make up the time.

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

ST3

- Warm up route
- Fast run sections
- Jog
- Cool down jog

