

Storrington Tuesday Session – ST4

Warm up route of 1.3 miles via

Circuit around Hormare

Continue to mini-roundabout and turn right into Pulborough Road

left into Newtown Road

left into Amberley Road

Stop at the base of Kithurst Park

Session:

Do 1 mile fast lap:

- Run up Kithurst Park through gap in hedge into Kithurst Lane
- Run down Kithurst Lane to the end
- Turn left into Monastery Lane
- At bottom of Monastery Lane turn left up Amberley Road and run up to Kithurst Park

0.75 mile Recovery lap

- Jog up Kithurst Park through gap in hedge into Kithurst Lane
- Run down Kithurst Lane to the end
- Turn left into Monastery Lane
- Turn left into Fern Road
- At the end turn left into Amberley Road and run up to Kithurst Park

Repeat fast and recovery laps until 7:50 and then jog back via Amberley Road and Pulborough Road to the Leisure Centre.

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

Storrington ST4

- Warm up route 1.3 mile
- Fast lap 1 mile
- Recovery jog lap 0.75 mile
- Cool down route

