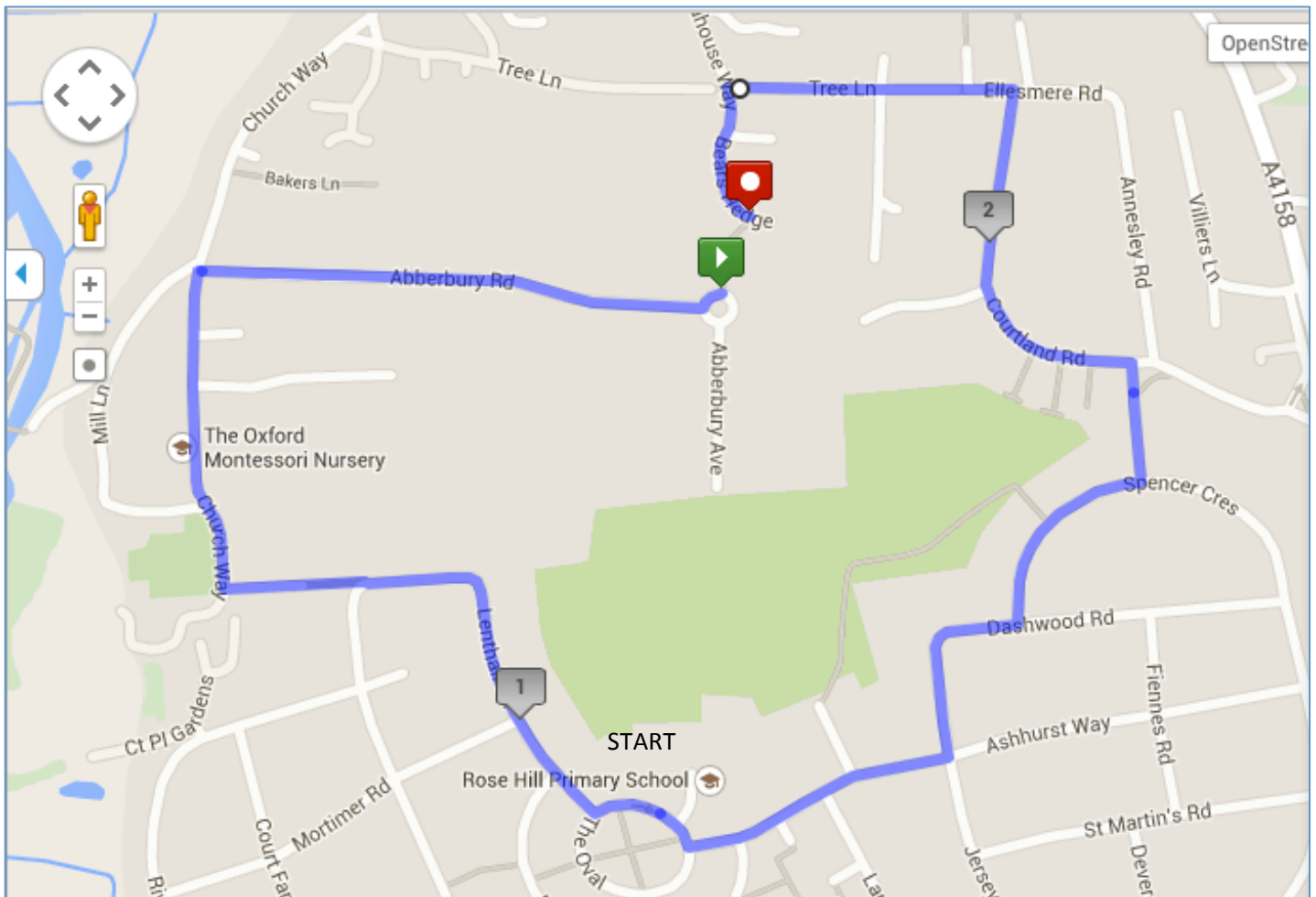


Rose Hill Runners Routes

Fixed Point Repetitions and 2.5km loop (with repeat optional) by TW



Start at Oval or in summer in Park

- Warm Up – eg. dynamic stretches, around Oval

Jog slowly to red marker, and take path to green marker where repetitions start. * TIP keep all group inc beginners and fast runners together here.

**Exercise on Abberbury Rd (Hill, streetlight, minimal traffic, NOT if icy)
Jog to lampposts and then run back increasing in 3s. Run around roundabout assuming no traffic**

TIP jog down hill and run up if they want to, for safety don't run down.

Everyone jog to 3rd lamppost and then run/jog back.

Then increase the jog to 6th lamppost and run back..

Stronger runners can go up to the 9th then 12th and then repeat any if time

Weaker runners might like to stay at 3 or recover by doing a 3 as its flat.

Facilitator stays at top / doing the 3 and encourages runners. If needed they can tell a struggling runner to do a 3, or tell a fit runner to do a 12.

**Do exercise for 10 mins then regroup and jog (again together) back to Oval
Release beginners who want to go, and then run round whole route again without Ex. To make up to 5km (plus Ex) (or you could make Ex longer eg 20mins and not do this repeat). It is likely to be more like 6km for most.**

- Warm Down