

# Burton Road Waterfall Intervals



## *Part one – warm up (15 mins)*

- jog around outside of Sports Park track
- drills
- slow jog from Sports Park to Burton Road

## *Part two – waterfall hill intervals (30 mins)*

- run from the bottom of the hill towards the bench at the top of the Burton hill
- first person to reach the bench will be the marker and turn at the top
- when they pass, turn and run back down the hill (ie all runners run back together)
- brief rest before the next waterfall

## *Part three – cool down & stretches (15 mins)*

- jog from Burton Road to Sports Park
- stretches