

## Chapel Station Reps CH-1

**Warm Up:** From the park gates up the road to the Market place. Along Eccles Road to Horsefair Ave. Down Spencer Rd to Crossingas road to main road. Turn left and along top Long Lane. Past school an towards the station.

**Reps:** At the corner at the bottom of the hill (after railway Bridge) do a rep up to the bike racks by the station and back. Do a total of 10 reps.

**Warm down:** Return to the park via Rowton Grange road

Approx 6.75 miles

