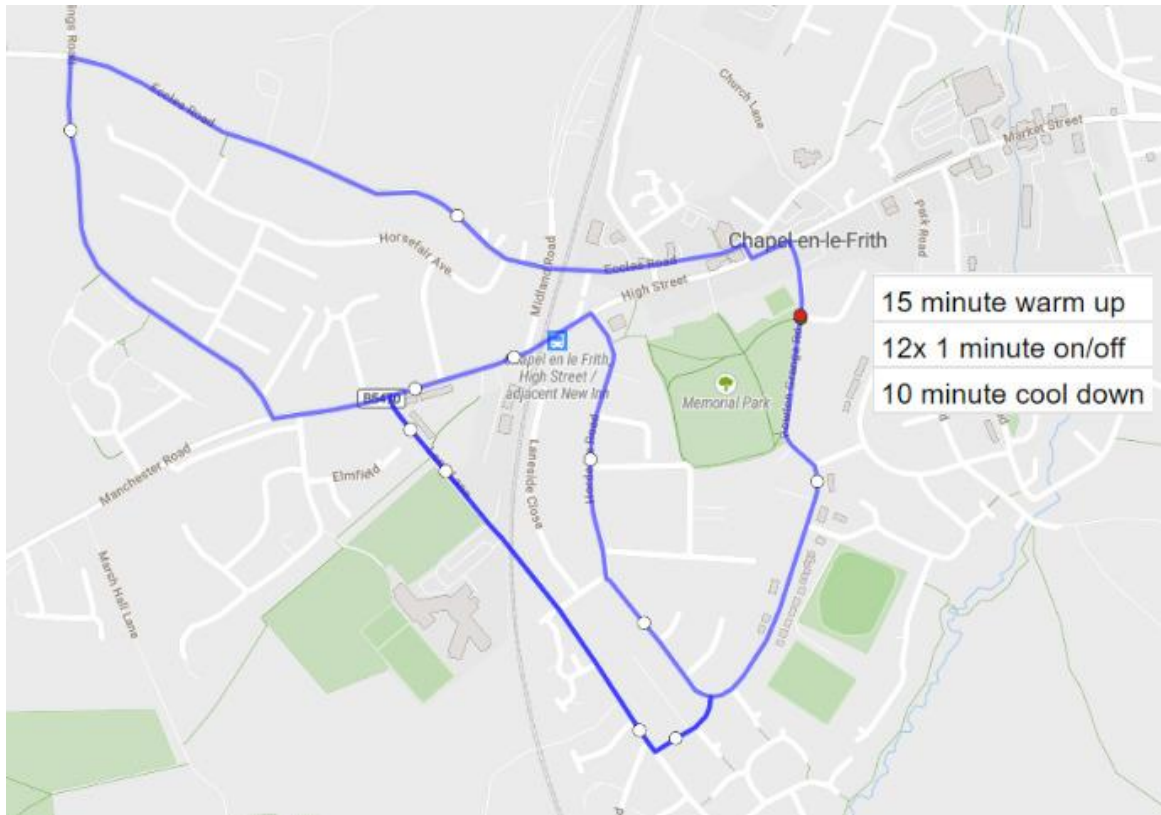


Long Lane (Chapel) Intervals – Interval Training



Park: Rowton Grange Road by the park gates

Route:

Warm up: 15 mins along the route Eccles Road to bottom of Long Lane

Route: 1 minute on, 1 minute off around the loop of Long Lane, Alston Road, Horderns Road, and High Street.

Cool Down: for 10 mins back to the start.

Terrain: Road.