



Taxal Moor Hill Reps

Warm Up: From the canal Basin car park head up reservoir road and into the park. Up the paths to the playing fields. Then up and on to Macc road. Continue to Ling Longs and head towards Taxal. Turn up Laneside and stop just over the Cattle Grid

Reps: A light will be placed on the road. First part is to run up to the light. Turn round and back. Then up the steeper section the other way to another light. Then return. Do this 7 times.

Warm Down: Back down laneside and return the same way back to the car park.

Stats:

6.8 Miles (11K)

Elevation: 1200 ft (366 m)

Shoe Choice - Road