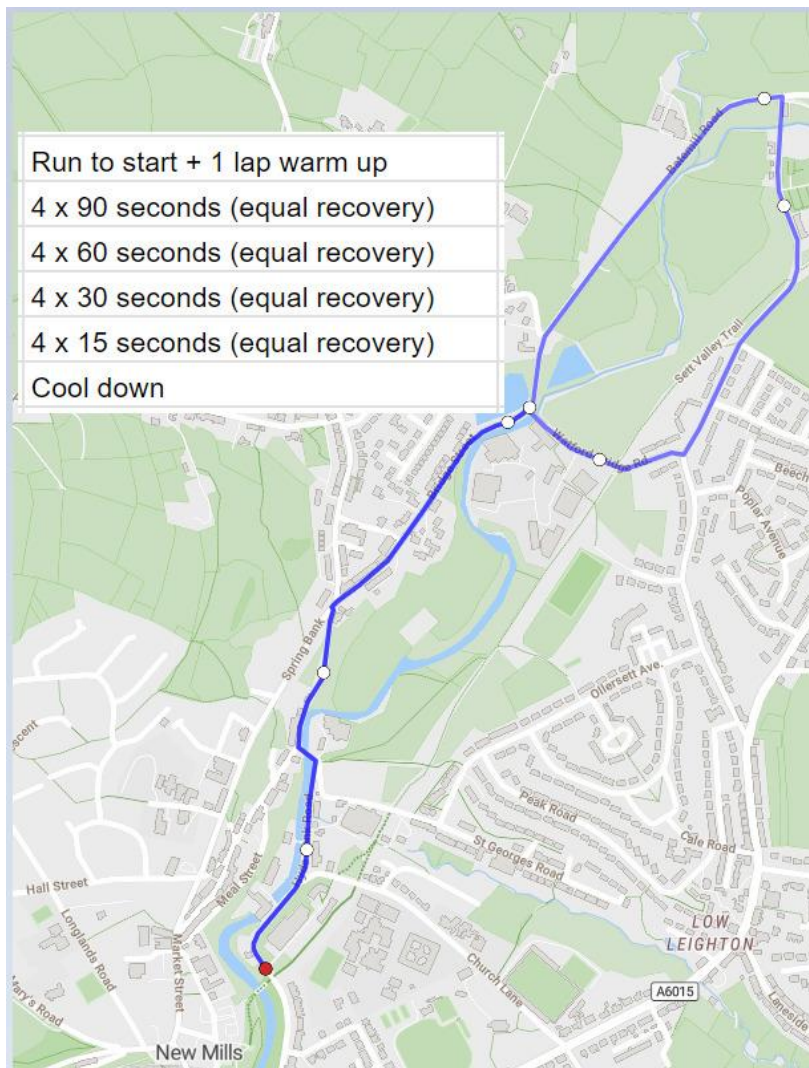


Birch Vale Loops – Interval Training



Start: From the New Mills Leisure centre

Route: Warm Up - Stay on the roads, Head down the bottom of the hill then up to Spring Bank / Bridge St. Right to Watford bridge on Batemill Road. (See Map)

Loops: On Batemill Road to High Hill Road. Up High Hill to Watford Bridge Road.

Repeat session as above finishing at the junction of Watford Bridge / Bridge Street.

Cool down: Back the way you came to the leisure centre.

Terrain: Road