

## Bishops Lane Reps



**Warm UP:** Park on the Market place, Buxton, near the town hall. Down Terrace road past the crescent, through the park to St Johns Road. Up to Bishops Lane. Along to the bottom of the hill.

**Reps:** Up Bishops Lane hill as many times as you like. 4x used in the calculation below.

**Warm Down:** Back via Macc Road to the Broadwalk. Up Hall Bank to the Market Place.

**Stats:** (for 4 reps)

Miles 6.75

Elevation: 1000ft

Road Shoes will be fine.