

Fernilee Intervals – Interval Training



Start: From the car park at Fernilee Reservoir

Route: Warm up for 10 Minutes along the path at the side of the reservoir

Intervals: Stay on the path at the side of the reservoir. Follow the plan on the map.

Repeat session as above.

Cool down: 10 minute cool down along the path. Finish by the car park area.

Terrain: Trail. Note the path may have a few puddles. If dry road shoes may be fine.