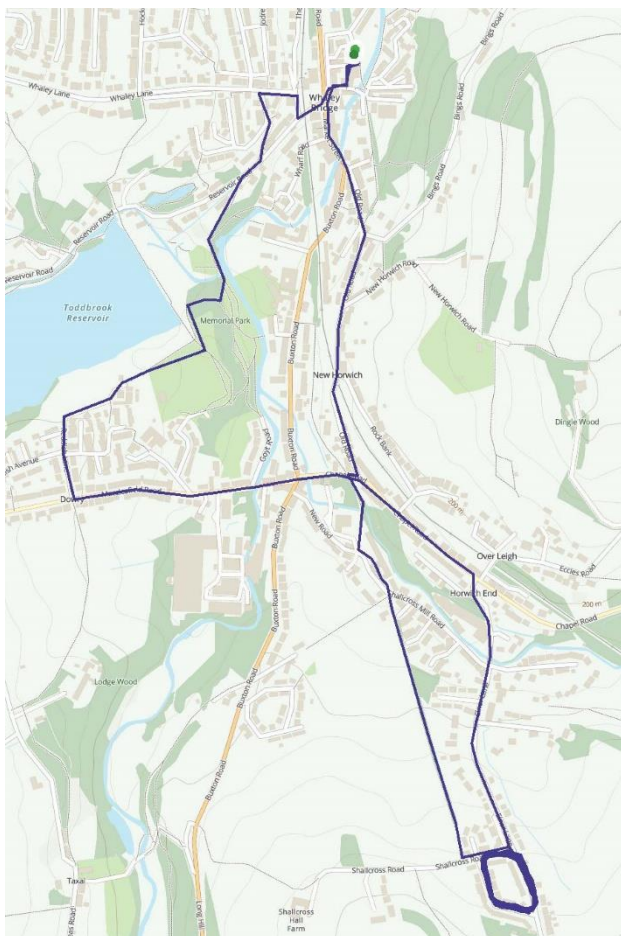


# Shallcross Avenue Reps



**Warm Up:** From The car park in the canal Basin. Head up Whaley lane and take the first left on Orchard Road. Down to Resr rd and head into the Park. Head up to the Fottball pitch and up to reddish Lane, Down Macc Road cross the lights and head on Chapel rd to Elnor lane up to Shallcross road.

**Reps:** Along Shall Cross road, Up the avenue and down Elnor Ln to where we started. Total Reps 10.

**Warm down:** Back to the car park via Shallcross incline and then up on to chapel rd then Old Road and back to the car park

## **Stats:**

5.5 miles

900 ft of up

Road Shoes should be fine. Mostly road with a short section on the warm down on Shallcross trail.