

Hill Training – WB-2 Reservoir Road reps (Narnia)



From Tom Brads croft car park. The warmup goes up the incline to Old Rd. Then up to Chapel Road. Turn Right to Horwich end. Across to the Park, through the park to reservoir road. Up a short way to the start. (Lamppost and manhole). Rep up to Narnia (a remote Lamppost near the top of the hill) Repeat six times. Cool down back to the carpark.

Faster runners can do more reps slower fewer. Whole session should last approx. one hour. Road shoes are fine.