

### **Session: Boarshurst Lane Loops**

Warm Up: Slow run along Carr Lane towards Greenfield and stop at KW Autos on Kinders Lane to explain the session. If you

have people unfamiliar with the area / loop, do one at slow speed so everyone is familiar.

Main Session: 4 Loops of Kinders / Boarshurst Lane in a clockwise direction. Set off from KW Autos straight up Kinders Lane. The top of the loop is the yellow grit bin near the bottom of Haw Clough Lane. Keep right, down Boarshurst Lane and back to the garage gates. 1-2 minutes recovery between each lap.

Cool Down: Reverse of warm up

Coaching / Safety Points:

- Faster runners may want to do 5 loops
- If you have a very mixed group, it may be an idea to get runners to time their own recoveries, otherwise you can set off for each loop together
- There is a small section on Kinders Lane without streetlights but even in darkness you can see where the next light is in most conditions.
- Boarshurst Lane can be busy with traffic – be careful when finishing loops – encourage runners to use the pavement on the left of the road.