

Memorial Park Hill Reps (WB-1)

Starting in the car Park.

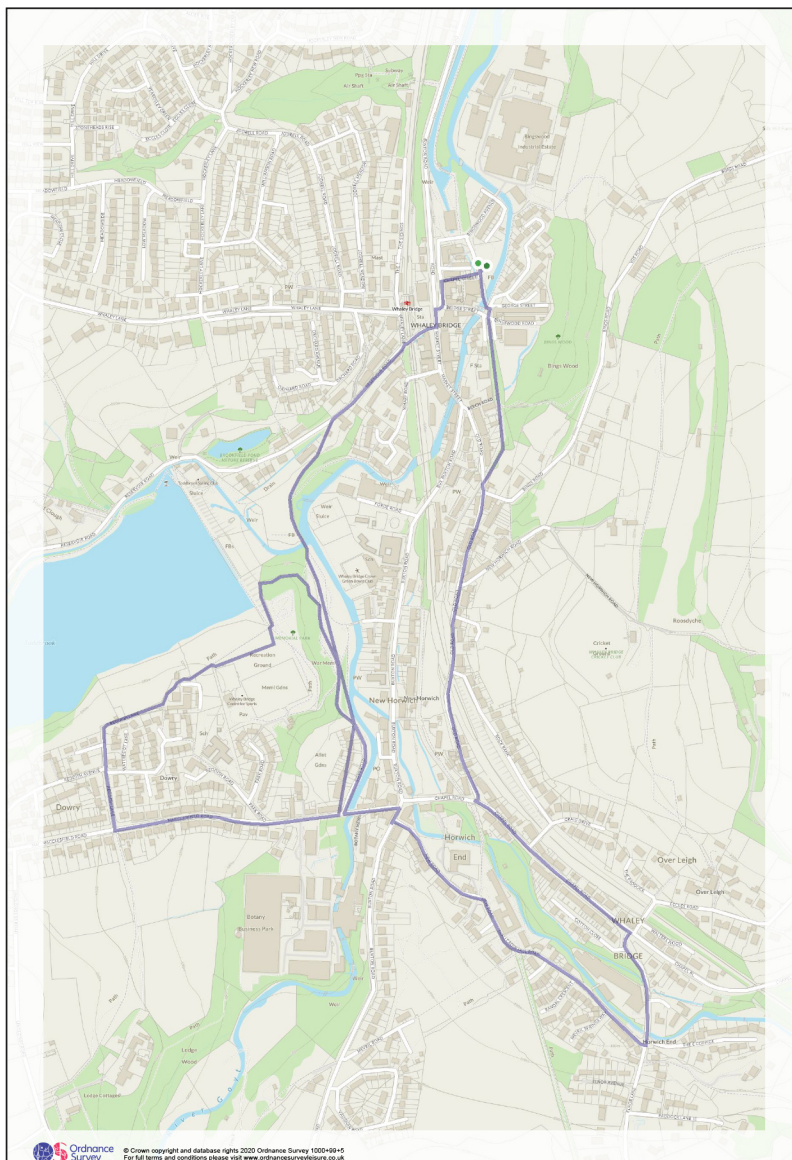
Warm Up. Head up the incline, up Old road, along Chapel Road to Elnor Lane.

Down Elnor Lane to Shallcross Mill Rd turn right then left on Horwich New Rd towards the Traffic Lights. Left then right to the Park Gates.

5 Reps. Take the higher path and follow towards the path which leads up the wooded bit by the side of the dam. At the upper level head towards the all weather compound and follow path past Reddish Barns to the road. Keep going to Macclesfield road the turn down the hill. back to the Park Gates. Repeat for a total of 5 times.

Warm Down: From the park gates Follow path through the park to reservoir road and back down to the Car Park.

WB-1



Stats:

5 Reps in the park
6.8 miles
720 ft