

## Intervals - 5km Handicap

Comprising two laps of up through the car park, down Gargrave Road, right at the roundabout, right at the chip shop and right at the fire station to finish each lap up through the park to the sports centre.

The route is chosen to finish up through the park in the hope that if the weather is good people will finish then hang around and cheer each other on, also pointing out dogs and other obstacles en route to the finish.

This will also help people track progress as they get fitter.

We will jog a lap as warm up and to make sure everyone knows the route - not sure about how to do timing yet but maybe people can time themselves and we can record positions? Like all the intervals, this is an informal event and anyone can do it - just come and have fun.