

HILLZ!

One mile warm up from Edison. Exit on Van Dorn, take a left then another left on Castlewellan. Hang a right on Ballycastle all the way to the end. You will see a path between two houses. Take a right and jog **DOWNHILL** until the path ends at Sutcliffe Drive.

We will aim for 4-6 400m/.25 mile hill repeats. The climb is 225 feet and the 400m point is just after the power line tower after a slight turn.

