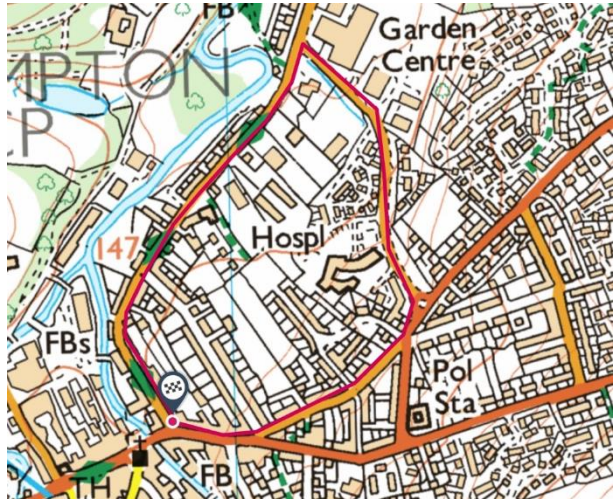


Town routes and circuits

This is a 1-mile loop with an elevation of 23m. The start point is normally at the library.



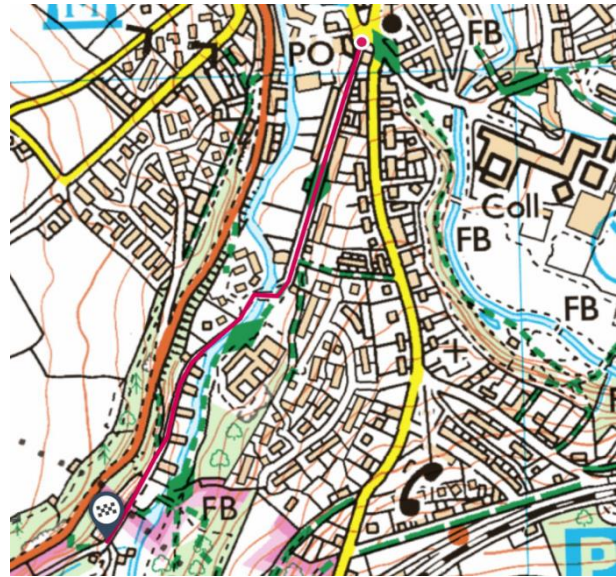
This is a 1-km loop with an elevation of 25m. The start point is normally at the bottom of Leaholes Ave.



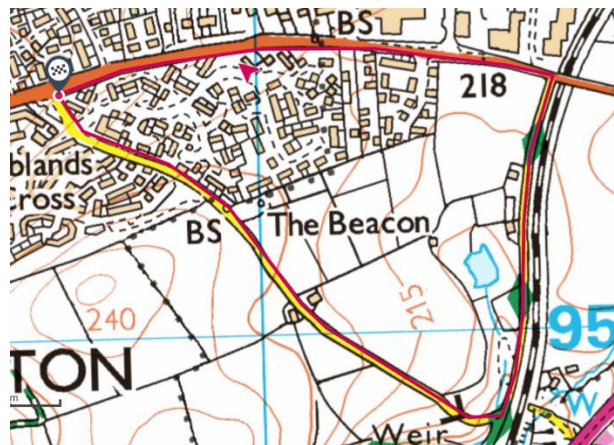
This is another 1-km loop with an elevation of 42m. The start point can be at the top of Church Ave. This would be an alternative for Kenyan hills.



This is an 800m with an elevation of 20m. The start point is normally the Post Office end. Good for 800m intervals.



This is a 2-km loop with a steep hill if you go clock-wise coming out of Fatherford lane. Overall, it has a 46m elevation.



Any other routes for interval training should be mostly familiar. If not please contact me on the email below and I will add in. If you have others outside of town then happy to add in.