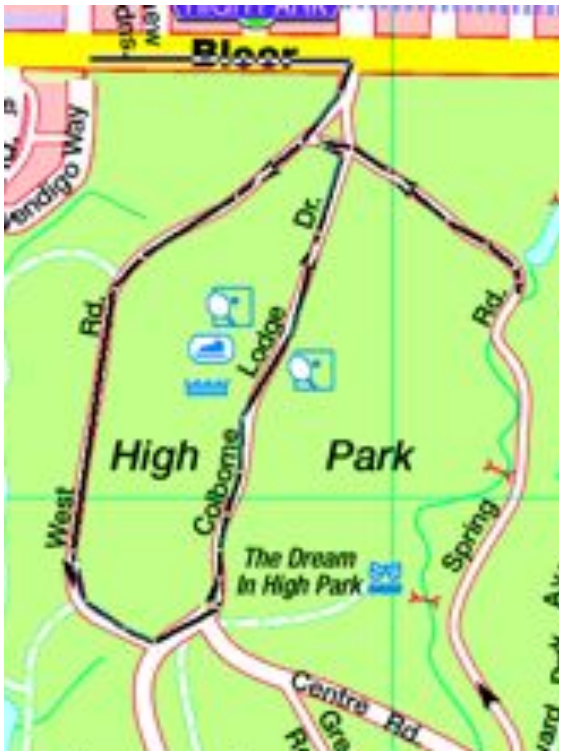
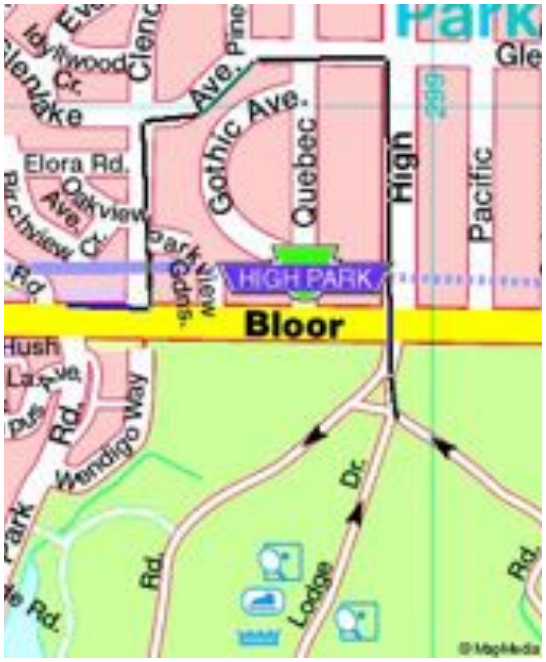
HILL TRAINING:





Warm up and hill repeats . . . *Cool down route*

From Bloor and Clendennan, run up to High Park. Stay to the right and run around the upper loop of High Park as a warm-up. Stop at the top of Spring Road for First Night Instructions. Run down Spring Road Hill. Turn around is at the little bridge over the creek at the bottom of the hill. Run back up Spring Road hill, at the top, turn left and run to the first car parking spot - about three traffic poles - and then turn around and head back and down the hill. This is to get you used to running past the crest of the hill. Your heart rate should have returned to 'normal' by getting to the bottom. After doing your hill repeats, on the last hill, turn ***RIGHT*** *and go back out to Bloor. Cross Bloor & go north up High Park Avenue to Glenlake. Left on Glenlake, left on Clendennan to Bloor, and back to store.*