



FOREST SPRINT TRAINING

Queen Elizabeth Park — Wed 26 Aug

START

18:00

MAP SCALE

1:3000

BACK BY

19:45

SHORT LEGS

2.0 km

FOCUS

FLOW



Smooth in, smooth out

Know your exit
direction before you
arrive



Never stop

Slow down if you
need to — don't
stand still

LONG LEGS

2.3 km

FOCUS

PLAN AHEAD



Traffic lights

Green: simple
ground
Red: concentrate



Plan on green

Next route + control
code, while you run

Kites only — no timing • Run one, or both back-to-back

New map — tell Pete what you think!