

Map



Cue

Speed: Sprints

40 strokes on 3 minutes

Big chain ring, smallest sprocket. Go like your out-running a dog.

Note your top speed. Do this until you are way off on your top speed. Off by more than 5 mph.

Somewhere around 4 or 5 jumps. If you're still fresh, then you're not pushing hard enough.

1. Shoppe to Paoli on Range Trail
2. PB to Montrose.
3. Begin sprints here.
4. Left on Fritz.
5. Right on 69.
6. Left on Argue.
7. Cross Cty W.
8. Right on Airport.
9. Left on Valley View.
10. Left on Edeilweiss.
11. Turn around in the parking lot or by me a beer.
12. Head home.