

## Nomads Routes

1-A blue

1-Z red

## The 3 Peaks

Jog through Riverview and down Old Chadwell Hill. Sprint up the New Hill. Regroup at the top,

Have a recovery run along Riverview and down the Old Hill. Sprint up the New Hill. Regroup at the top

Repeat...

Shortcuts:- Those wishing to cut it short can cut out Riverview and the Old Hill and jog down the New Hill instead for some or all of their laps

