

Weston Athletic Club – Information for the Coaching Team

Re: Interval training on the Prom from the Tropicana building, running in a southerly direction – distance measurements

- Starting point:** adjacent to the southern corner of the Tropicana building
- 100M point:** nearest lamppost is no. 27
- 200M point:** adjacent to the centre of the 1st shelter; nearest lamppost is no.30
- 300M point:** adjacent to the southern corner (farthest point from the Tropicana) of the larger 2nd square shelter; midpoint between lamppost nos. 32 & 33
- 400M point:** adjacent to the 'hump in road' sign; between lampposts nos. 35 & 36
- 500M point:** adjacent to the northern corner of the Prom curved stone seating situated between lamppost nos. 38 & 39
- 600M point:** adjacent to the litter bin just before the recess at the end of the prom; between lamppost nos. 41 & 42

Jan Carpenter – Head Coach
V1.0 – 22/11/2012