**Rose-bowl:**

Repeats of fast running ( long)

Find an open space or sports field( or if necessary a very short block around the roads) and work out a circuit about the size of the running track or small football field – (actually running around  the edge of a sports pitch is ideal)

This time you run around medium pace and then rest for about 2 minutes before doing it again

If there are 2 of you, you could take turns and treat it like a relay.

Under 11’s - Try for about **4 circuits**

Over 11s - Same but build up to at least **6 circuits**