

DIRECTIONS FOR EXPOSITION DOWNHILLS (2 mi round-trip)

(from Randall's Grocery Store at Exposition and Lake Austin Blvd.)

Start at northwest entrance to Randall's parking lot

(close to bus stop)

Run easy north on Exposition to Windsor

(this is 1 mile uphill)

Rest 2-3 minutes at Windsor

Run back to starting point (1 mile downhill)

**The purpose of this workout is to run hard downhill
from Windsor back to the start, e.g. at MGP or
MGP minus 10-15 seconds**

Repeat x 2, 3 or 4 depending on training level