### Warm Up
- Go south on Carver
- Turn left on Somerset
- Turn Right on Braintree and cross Weathersfield
- Follow the left fork onto Cambridge

### Fartlek Route
- From school, turn right onto Norwood
- Deadend left onto Duxbury
- Take first left onto Hingham
- Take first left onto Bradford
- Deadend left onto Cambridge
- First left onto Lowell back to the school

**Short warm up:** Turn left on Lowell to **Dooley School, 622 Norwood**

**Long warm up:** Turn left on Bradford (the street before Lowell) and then right on Norwood to school