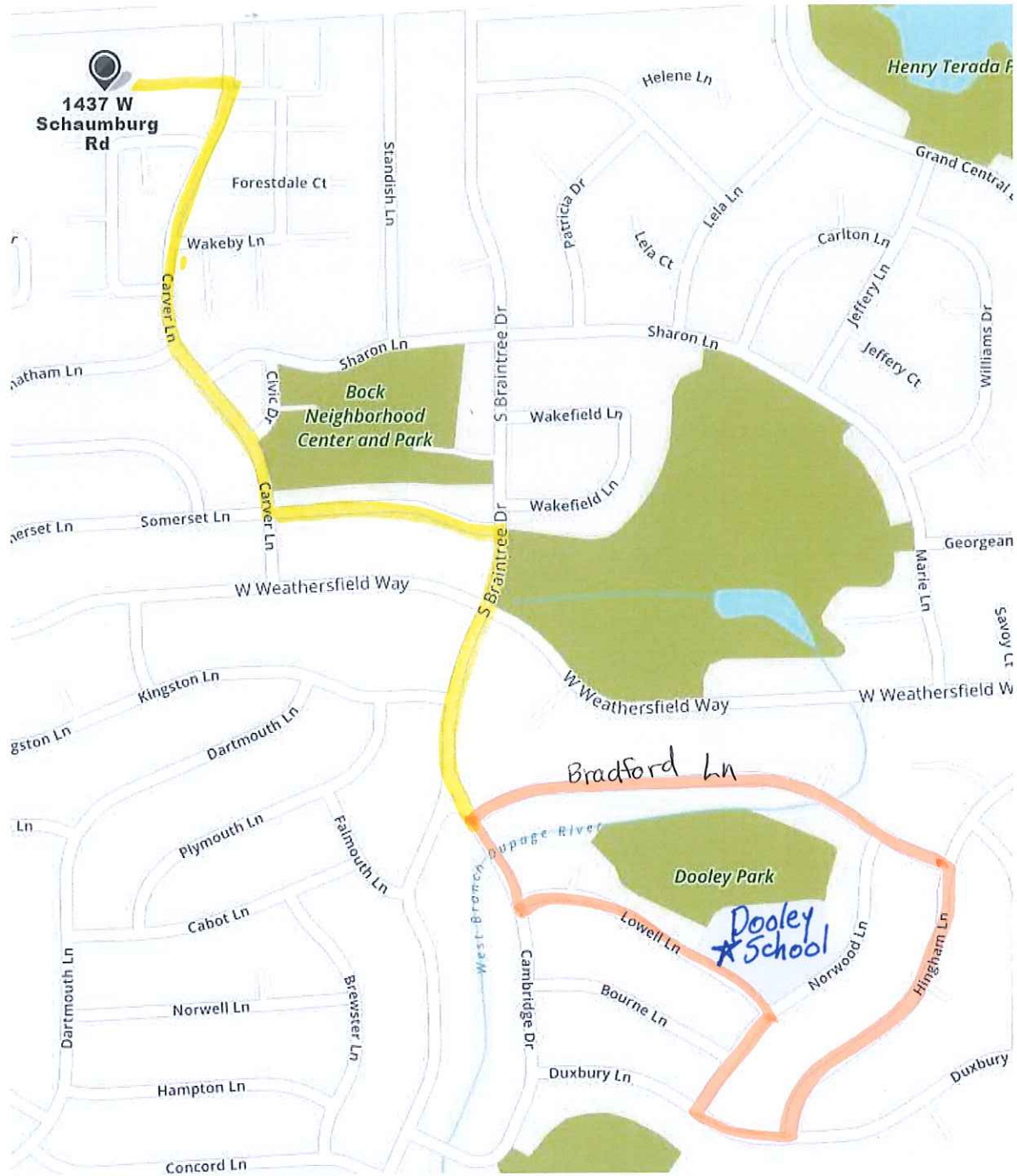


Winter Fartlek Course



Warm Up	Fartlek Route
Go south on Carver	From school, turn right onto Norwood
Turn left on Somerset	Deadend left onto Duxbury
Turn Right on Braintree and cross Weathersfield	Take first left onto Hingham
Follow the left fork onto Cambridge	Take first left onto Bradford
Short warm up: Turn left on Lowell to Dooley School, 622 Norwood	Deadend left onto Cambridge
Long warm up: Turn left on Bradford (the street before Lowell) and then right on Norwood to school	First left onto Lowell back to the school

