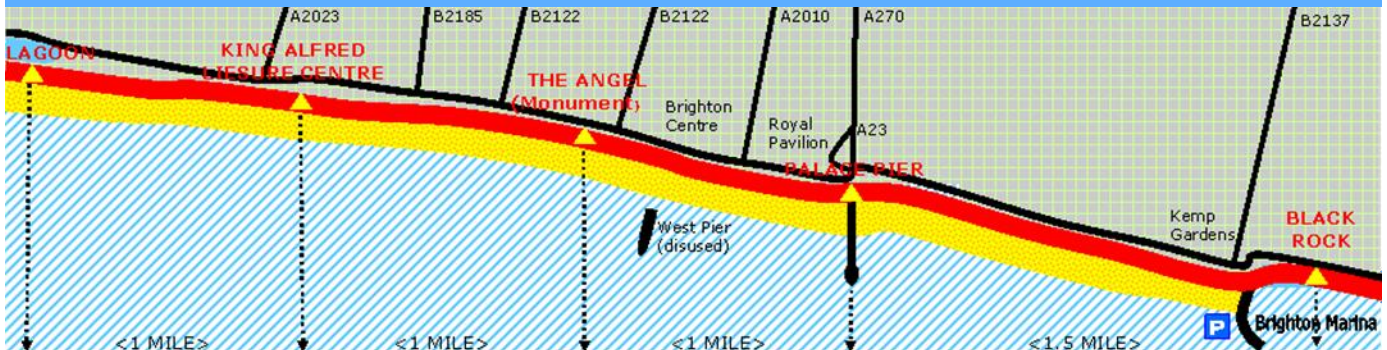


CITYRUNS

www.city-runs.co.uk

BRIGHTON > SEA FRONT



ROUTE DETAIL:

This route is out and back from Brighton Marina along the famous Brighton seafront, it is flat and the surface is all road.

TRAINING TIP:

Try breaking your running up with some 'Fartlek' - after you have warmed up try running hard for 2mins, then jog/walk for 2mins (and admire the views!) continue this for 1 mile, extending the length of the recovery if necessary—once you are able to do this for a mile try to build up the length of the session progressively.



CITYRUNS run brighton, run



SUNDAY RUNS Brighton Marina

Brooks are organising Sunday Runs in Brighton from the Marina. Whether you are an absolute beginner or a club runner we can help you achieve your aims this Spring. On the first Sunday of the month from January to May we will provide walks and runs, supervised by qualified coaches.

No need to pre-book - just turn up in suitable kit with a drink - bring your friends and a smile.

Brooks is a specialist running company and its shoes and apparel can be found at specialist running stores.

For further info go to www.city-runs.co.uk

Venue: **Brighton Marina**

Contact: **Andy Mitchleson**

Tel: **07887 751440**

Dates:

**7th Jan, 4th Feb, 4th March,
1st April, 6th May**

All runs start at 9am

THE JOG SHOP

EVERYTHING FOR THE FELLOW RUNNER

39b George Street

Brighton, BN2 1RJ

Tel. (01273) 675717

Email: jogshop@btconnect.com

Opening hours:

Monday-Saturday, 9:30am to 5:30pm