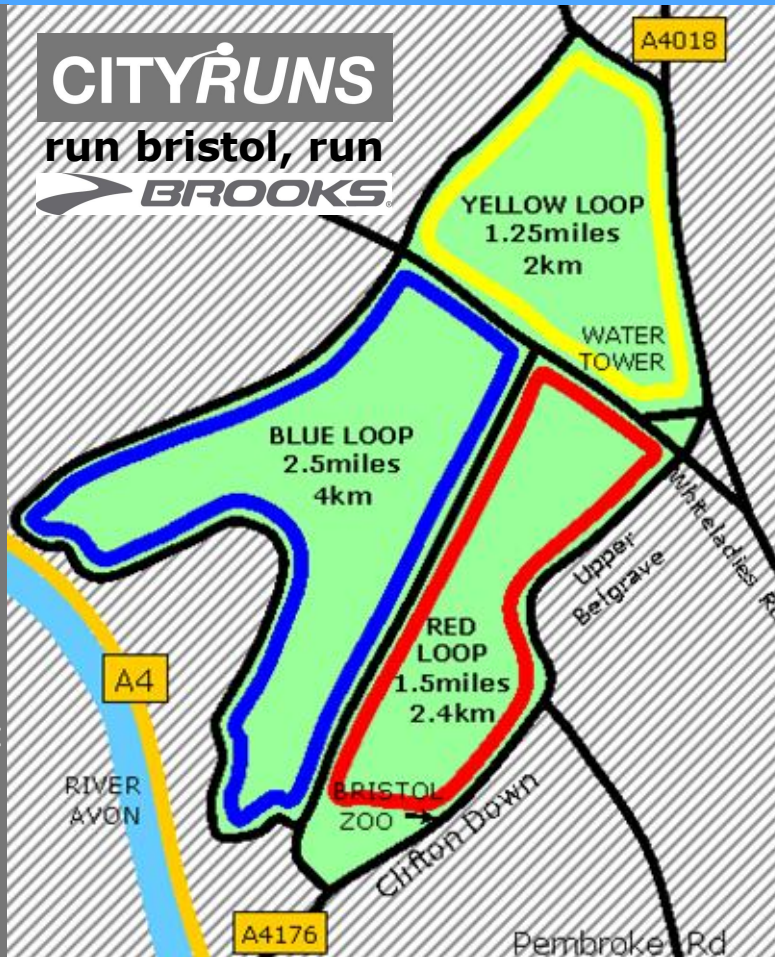


ROUTE DETAIL:

The Downes are a fantastic place to run in right in the heart of Bristol, covering over 400 green acres.

The Downs stretch right up the top of the cliffs of the Avon Gorge (providing some spectacular views!).

All of the loops on The Downes are off road, such is the running and walking traffic tracks have been worn around the perimeter. The routes are all fairly flat and although are off road they are generally ok to run in all weathers.



TRAINING TIP'S:

► Fartlek:

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 view!) do this continuously for a loop, extend the length of the recovery if necessary.

► Acceleration Run:

Once you are able to do the above Fartlek session for all 3 loops give this session a go! After you have warmed up start by running a loop at a comfortable pace, once you have completed this move onto one of the other loops and run this a little bit faster, finally move onto the next loop and increase the pace again! Make sure you warm down after this as you will have worked hard.

ALSO AVAILABLE AT www.city-runs.co.uk>

- TRAINING SCHEDULES FROM 5KM RIGHT UP TO THE MARATHON
- BEGINNERS GUIDE TO RUNNING
- UK EVENTS DIARY

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