

**CITYRUNS**

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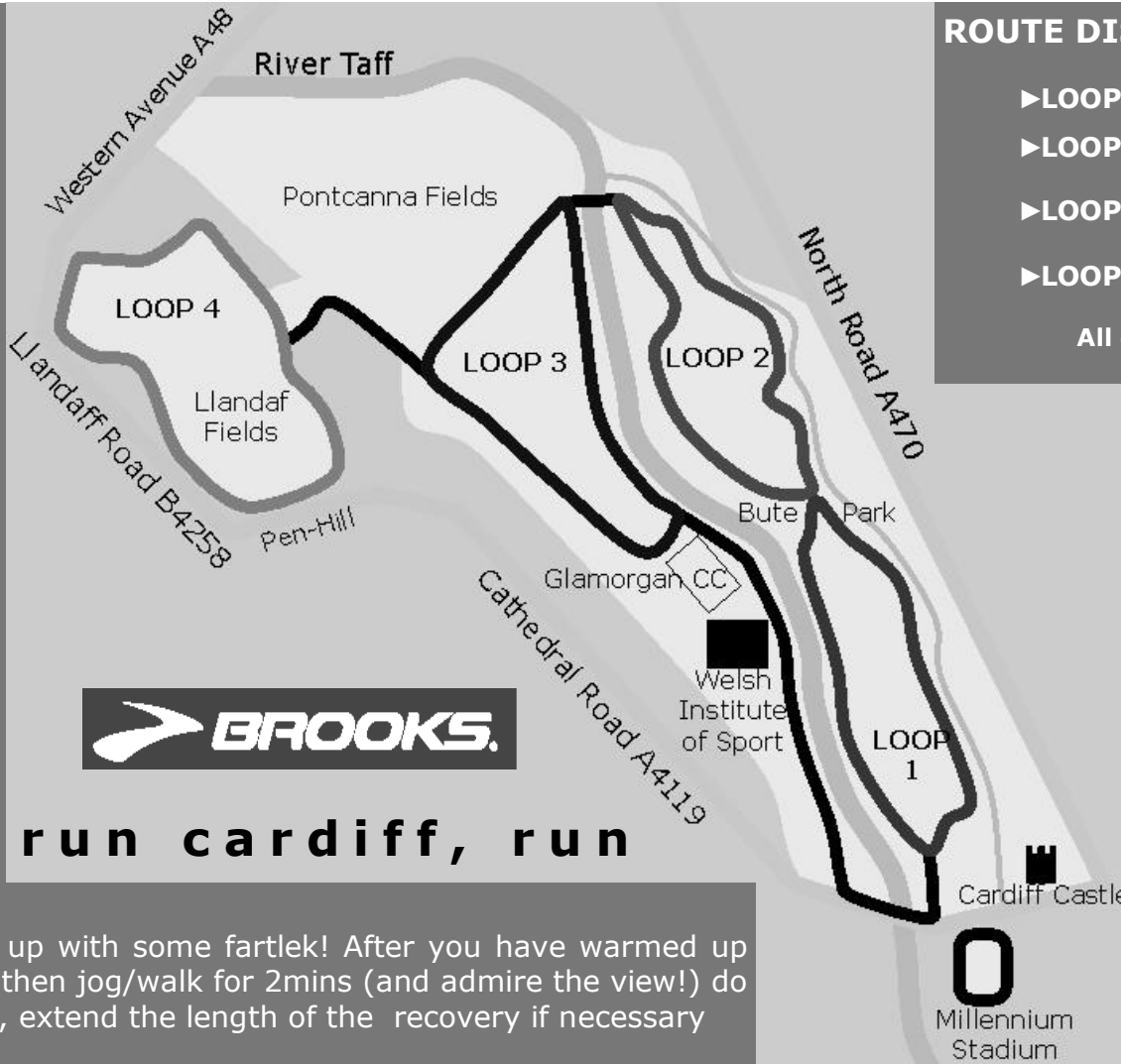
# CARDIFF > BUTE PARK

## ROUTE DETAIL:

Bute Park is a great place to run right in the heart of Welsh capital, the park is in the shadow of both Cardiff Castle and the world famous Millennium Stadium. The routes displayed within the park are fairly flat with no real hills, they use a combination paths and tracks which will be generally suitable for all weather (however some sections can get a little wet and muddy!).

## TRAINING TIP'S:

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



run cardiff, run

## ROUTE DISTANCES:

- ▶ LOOP 1 – 1.8km / 1.1miles
- ▶ LOOP 2 – 2km / 1.2miles
- ▶ LOOP 1 – 2.1km / 1.3miles
- ▶ LOOP 1 – 1.9km / 1.1miles

All distances are approximate

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