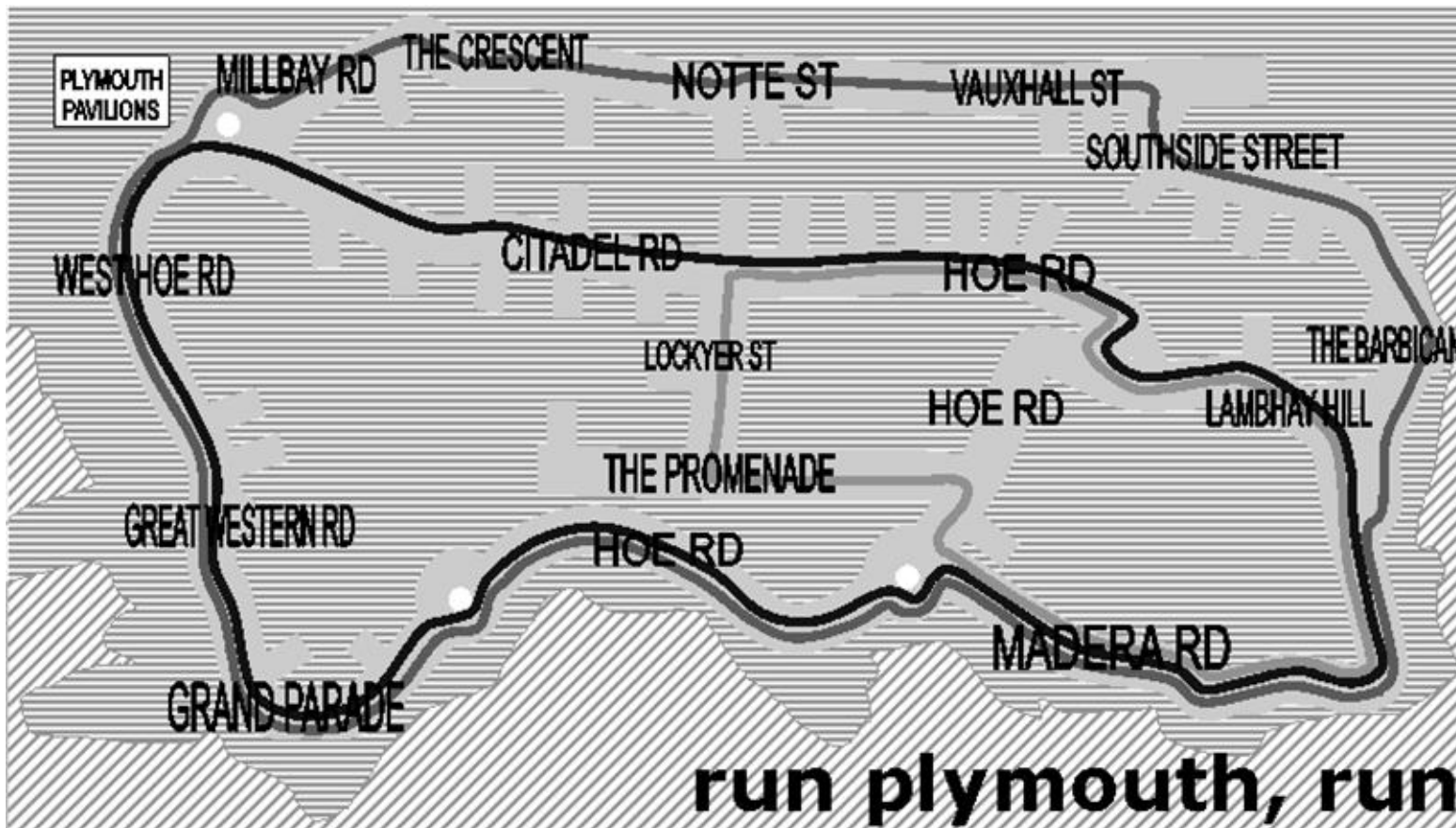


**CITYRUNS**

www.city-runs.co.uk

# PLYMOUTH HOE >



## ROUTE DETAIL:

There are 3 variations on the loop around Plymouth Hoe, which can be done individually or combined to make a longer run. None of the routes are flat! However there really are some spectacular views that will make up for the hills.

All of the loops take in busy roads so please take care when crossing; there are pavements to run on all the way round the different loops.

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

RED ROUTE = 3.5km / 2.2miles  
BLUE ROUTE = 2.75km / 1.7miles  
GREEN LOOP = 1.5km / 1mile

**CITYRUNS**

**BROOKS.**

**IRONBRIDGE RUNNER** [www.ironbridgerunner.co.uk](http://www.ironbridgerunner.co.uk)

With you every step of the way news, results, shop, race listing, online entry and more.....