

CITYRUNS

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LIVERPOOL >

CALDERSTONES & SEFTON PARK



Sunday Runs

Brooks are organising Sunday Runs in Liverpool from Calderstones Park.

If 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 if you want.

Venue: **Calderstones Park**

Meet: **Calderstones Road Entrance**

Contact: **Jenny Clague**

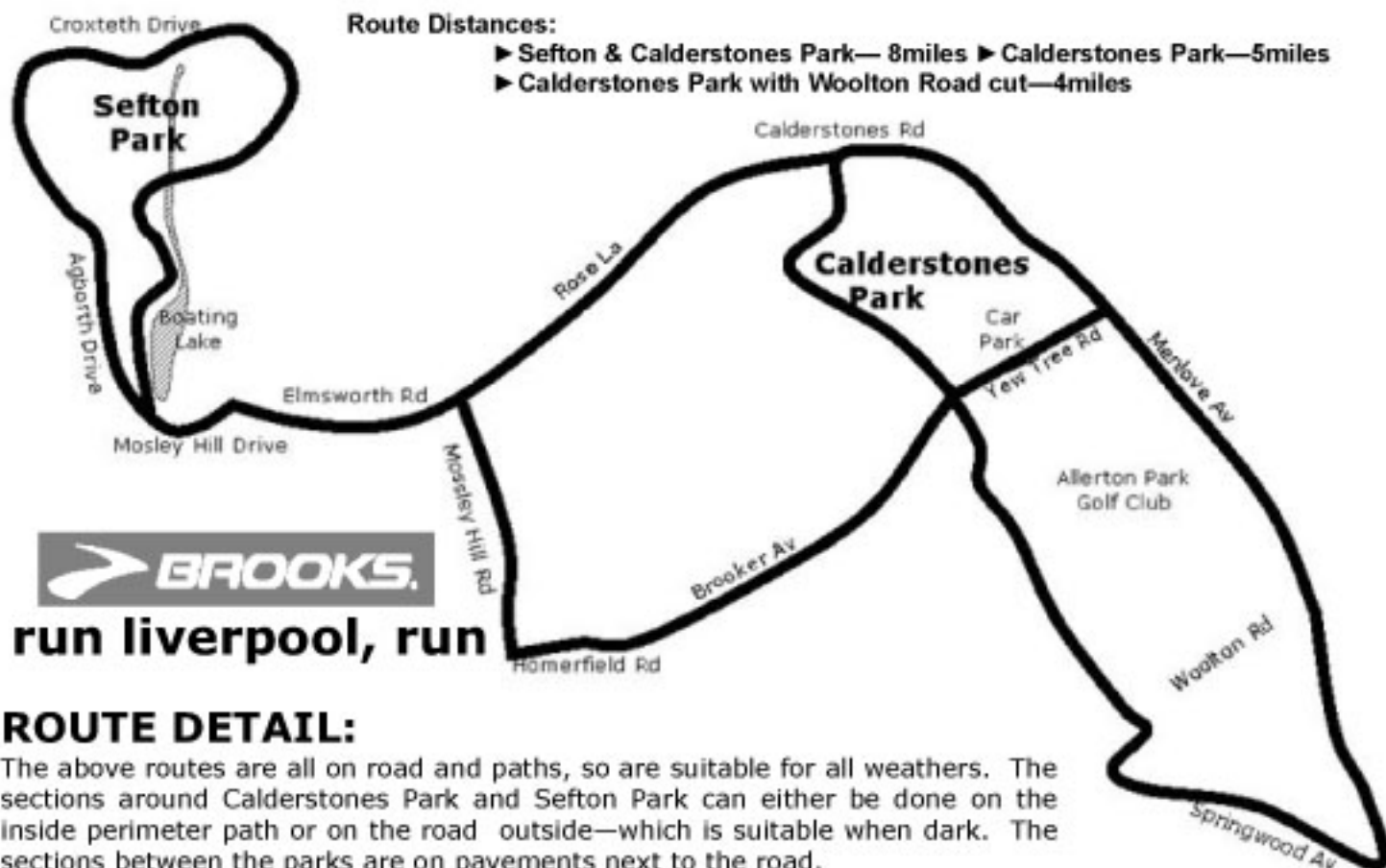
Email:
jenny.clague@liverpool.gov.uk

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

All runs start at 9am.

For further details go to:

www.city-runs.co.uk



run liverpool, run

ROUTE DETAIL:

The above routes are all on road and paths, so are suitable for all weathers. The sections around Calderstones Park and Sefton Park can either be done on the inside perimeter path or on the road outside—which is suitable when dark. The sections between the parks are on pavements next to the 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 view!) do this continuously for a loop, extend the length of the recovery if necessary.