

CITYRUNS

www.city-runs.co.uk

MANCHESTER > HEATON PARK



Sunday Runs

Brooks are organising Sunday Runs in Manchester from Heaton 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: **Heaton Park**

Meet: **Smithy Lodge Entrance Car Park** (see map)

Contact: **Andy Norman**
(Up&Running, Hyde)

Tel: **0161 366 9191**

Dates: **4th March, 1st April, 6th May**

All runs start at 9am.

For further details go to:

www.city-runs.co.uk

ROUTE DETAIL:

The Heaton Park routes are all on road/paths, so are suitable for all weathers. The loops are fairly flat with some small undulations, making them suitable for beginners and upwards.

There is plenty of opportunity to add on extra distance both on and off road within the park.

Heaton Park really is a great place to run in a pleasant traffic free environment.

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



Route Distances:

▶ **MAIN LOOP—**
3km / 3.1miles

▶ **HEATON HALL LOOP—**
1km / 0.6miles

▶ **LAKE LOOP—**
1.25km / 0.75miles

TOTAL—
5.25km / 4.45miles

UP+RUNNING
SPORTS

MANCHESTER'S LARGEST RUNNING SPECIALIST

148 - 150 Market Street, Hyde, Cheshire. SK14 1EX , Tel 0161 366 9191

SALE NOW ON!