

LONDON > REGENTS PARK & PRIMROSE HILL

ROUTE DETAIL:

Regents Park and Primrose Hill are both great green spaces right in the heart of central London. All of the routes given are on road/paths making them suitable for all weathers. Regents Park is fairly level making it great for beginners, as the name suggests you will find some hills in the Primrose Hill park, however at the top you will be treated to some fantastic views over London!

Regents Park also provides an opportunity to do some track work, there is a fantastic cinder track on the outside of the Park (see below for some sample track work outs).

TRAINING TIP'S:

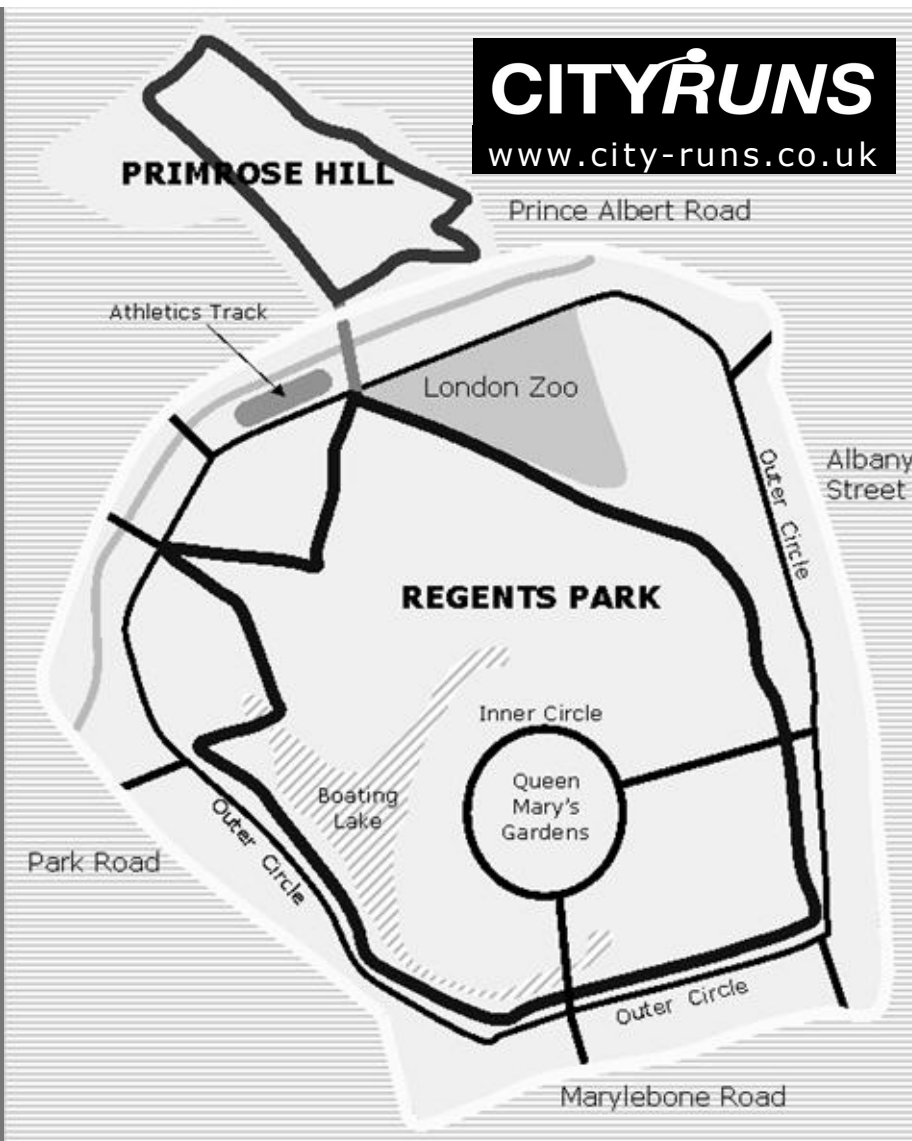
Try breaking your running up with some of the following training sessions:

▶ **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

▶ **Hill's** - after you have warmed up, find a suitable incline in Primrose Hill and run up it then walk back down to recover then do it again! See if you can do 3 to begin with then work up to 6, once you've done this find a longer hill!

▶ **Track**— after you have warmed up try to run half a lap fast then jog/walk half a lap, once you can do this for 4-8 laps try doing it for full laps.

Makes sure you also warm down after doing any of the above training sessions.



CITYRUNS

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Route Distances:

▶ **REGENTS PARK LOOP**—
4.2km / 2.6miles

▶ **PRIMROSE HILL LOOP**—
2km / 1.2miles

BOTH LOOPS—
6.4km / 4miles

All distances are approximate

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