

**CITYRUNS**  
www.city-runs.co.uk

# SHEFFIELD > ENDCLIFFE PARK



## Sunday Runs

Brooks are organising Sunday Runs in **Sheffield** from **Endcliffe 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: **Endcliffe Park**

Meet: **Hallamshire Tennis & Squash Club**

(post code: S11 8TA)

Contact: **David Spacey**

Tel: **0114 2735102**

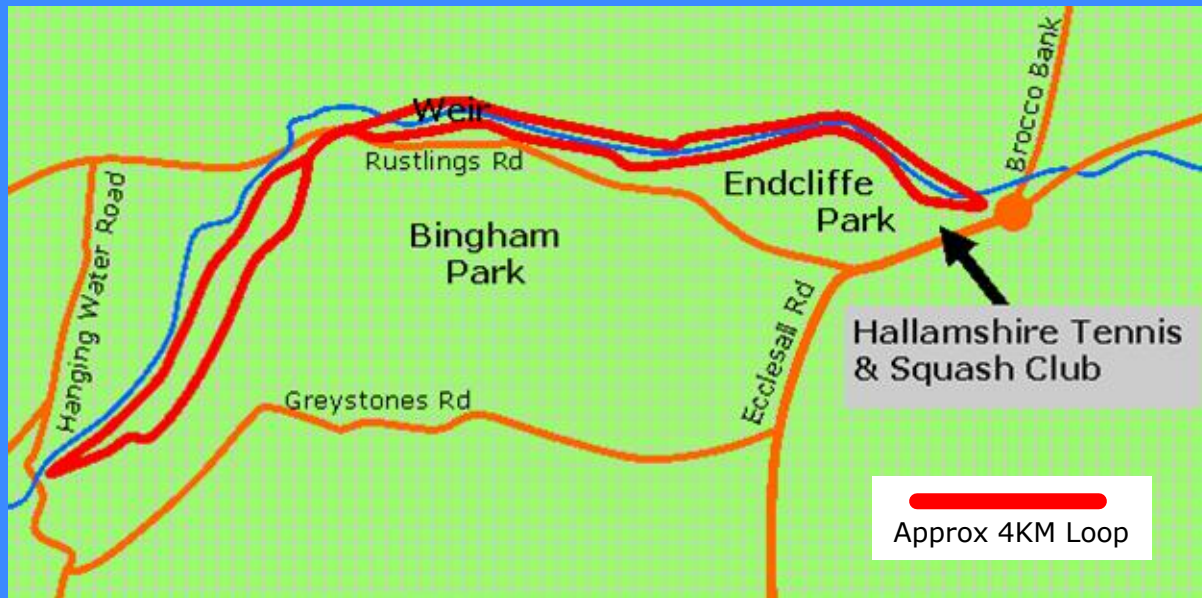
Email: [anna.howard@brooksrunning.co.uk](mailto:anna.howard@brooksrunning.co.uk)

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](http://www.city-runs.co.uk)



## CITYRUNS run sheffield, run

### ROUTE DETAIL:

The Red loop is approximately 4km and is fairly flat with only slight inclines, the route is all off road following paths.

**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 a loop, extend the length of the recovery if necessary—once you are able to do this for one of the loops try to combine two loops and build it up from there!