

Along streams, up hills, between trees.
Follow The Outdoor City Run Routes and
explore the greenest city on foot.

THE OUTDOOR CITY RUN ROUTES



Lowfield –
Run a lap of the pitch or
improve your personal best
over 50 metres

Provided by:



Supported by:



For more information on this and other
running routes:

www.theoutdoorcity.co.uk

#findyourpace



Looping the football pitch, the Lowfield Open Space circuit is ideal for beginner runners, as well as those attempting to beat personal bests or training for a race.

Start by warming up with hopscotch, before doing a gentle lap of the track – which is 355m in total, with each 100m interval marked on the ground. Get your circuit going at the top of the slope next to the timing equipment. Once you're confident, increase the number of laps little by little. Alternatively, work on your technique and stamina by gradually picking up the pace for the first 100m, recovering at a slower pace for the next 100, and repeating.

If you're training for a race, set yourself a target number of laps (start low and build up to 6), take the laps at your race pace, and end with a slow lap to recover. You can use the 50m marked slope to time your pace – ask at the U-Mix Centre to use the timing equipment.



DISTANCE

355m

DIFFICULTY

EASY

TERRAIN

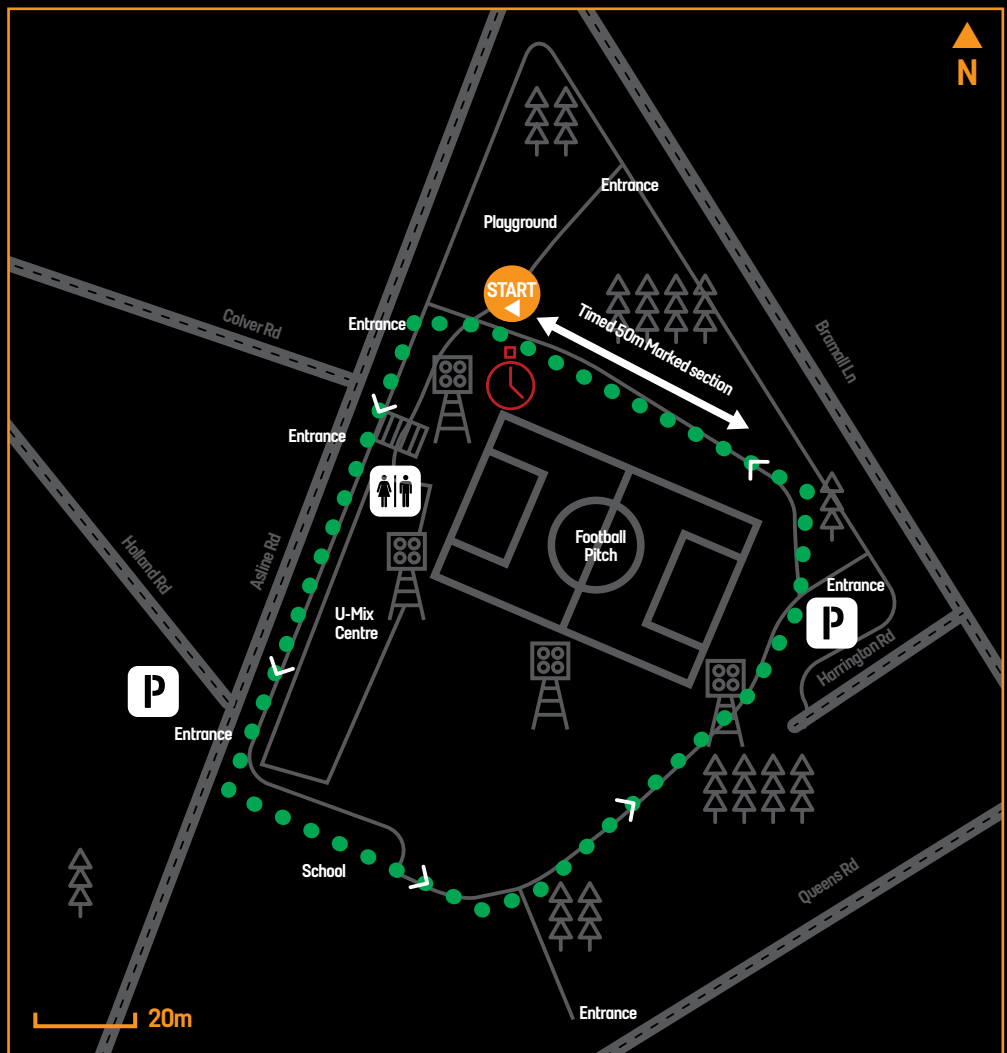
Well surfaced running paths throughout

FACILITIES



LOCATION

S2 4UJ



FIND YOUR PACE IN THE OUTDOOR CITY

Seven run routes are now signposted and mapped. Explore Sheffield by seeking The Outdoor City Run Routes we've marked in parks and woodland across the city. We've colour coded them so that whatever your pace you can choose trails that suit **Easy**, **Medium**, **Hard** and **Challenging**. You'll soon find that every route gives you a different experience whether you choose to walk or run – it's all about finding your pace.

Bradfield to Damflask 5KM 10KM

Concord & Woolley Wood 2.5KM 4KM

Ecclesall Wood 4KM

Graves Park 2.5KM 4KM

Lowfield 355m

Manor Fields Park 1.6KM

The Ponderosa & Crookes Valley 1KM 3KM

