

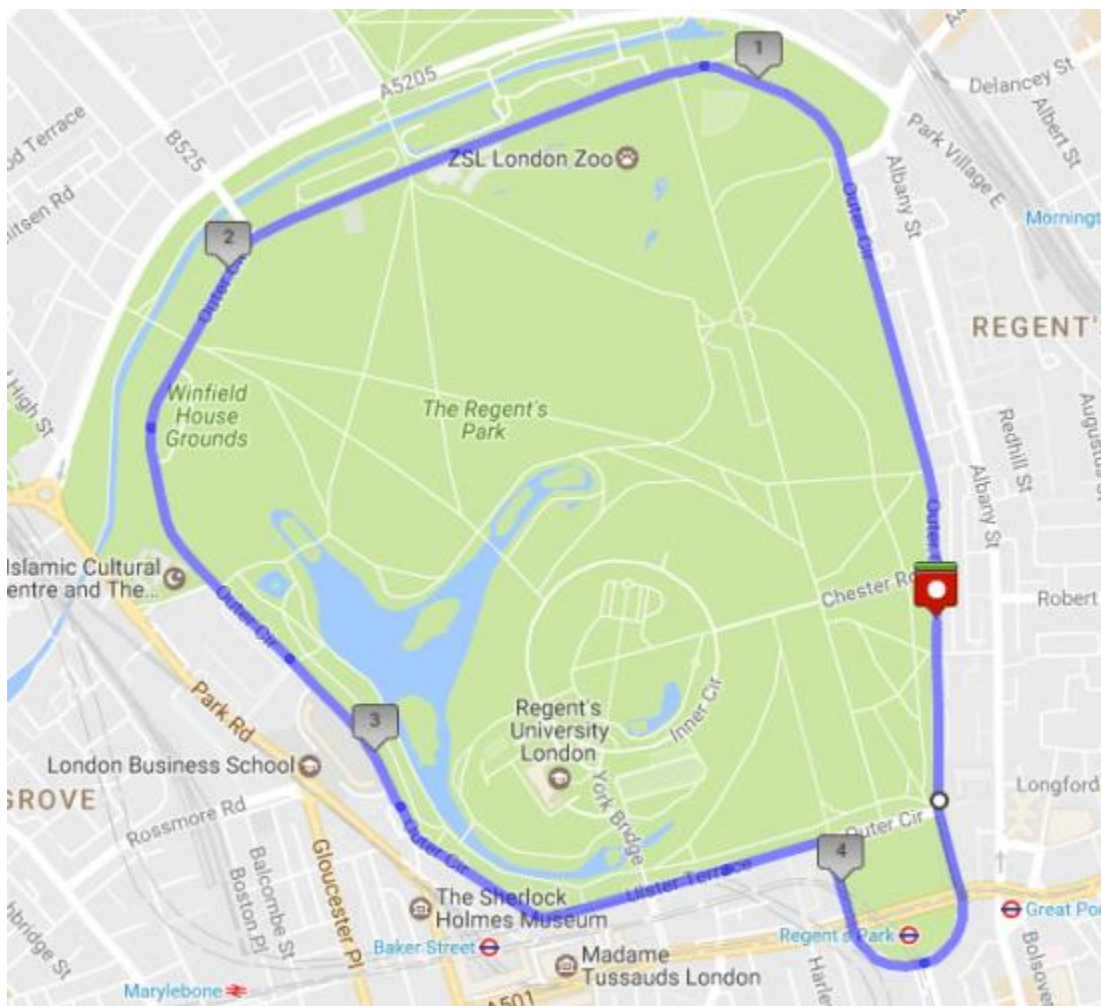
**SIX OF LONDON'S BEST LUNCHTIME RUNS** – The following article was published on the Athletics Weekly website recently.

A team from The Color Run UK – the 'Happiest 5K on the Planet' – has put together a selection of runs to help you stay happy and healthy during your London lunch breaks. Each route varies in gradient and, depending on fitness level, can be made as hard or easy as you wish.

Running during your lunch break is not only a great way to improve fitness levels, but also provides a good excuse to escape the office for some fresh air. Exercising at lunch can have many positive benefits such as boosting mood levels and improving your chances of having a productive afternoon.

### **Regents Park and Primrose Hill**

Regents Park provides multiple runs that offer scenic landscapes and a variety of routes that cater to all levels of fitness. Regents Park is the ultimate lunchtime escape, allowing your mind to block out the hustle and bustle of the office environment. For those looking for an extra challenge, why not head up to the top of Primrose Hill and be rewarded with unparalleled views of the city? This run is great for those based in North East London with Regent's Park and Baker Street station just around the corner.



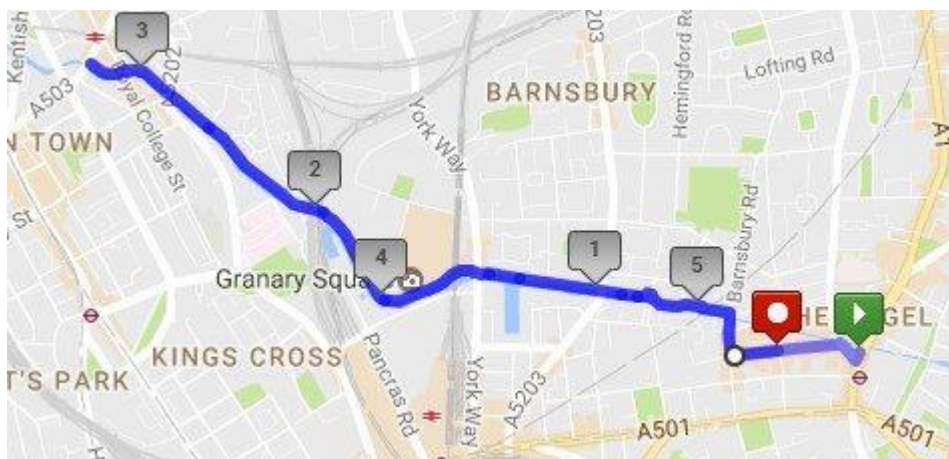
### **Tower Bridge to London Bridge (or Waterloo)**

A popular route among people working in the city or on the Southbank. This route is flexible as runners can start anywhere along Embankment, while allowing you to take in amazing river views like the London Eye. This route can get busy during the summer time, so best to stick to smaller groups. This is also perfect for interval training due to the flat incline – so why not challenge yourself with some sprints? The nearest stations are Temple, Bank, Mansion House, Embankment and Southwark.



### **Euston – Kings Cross Canal**

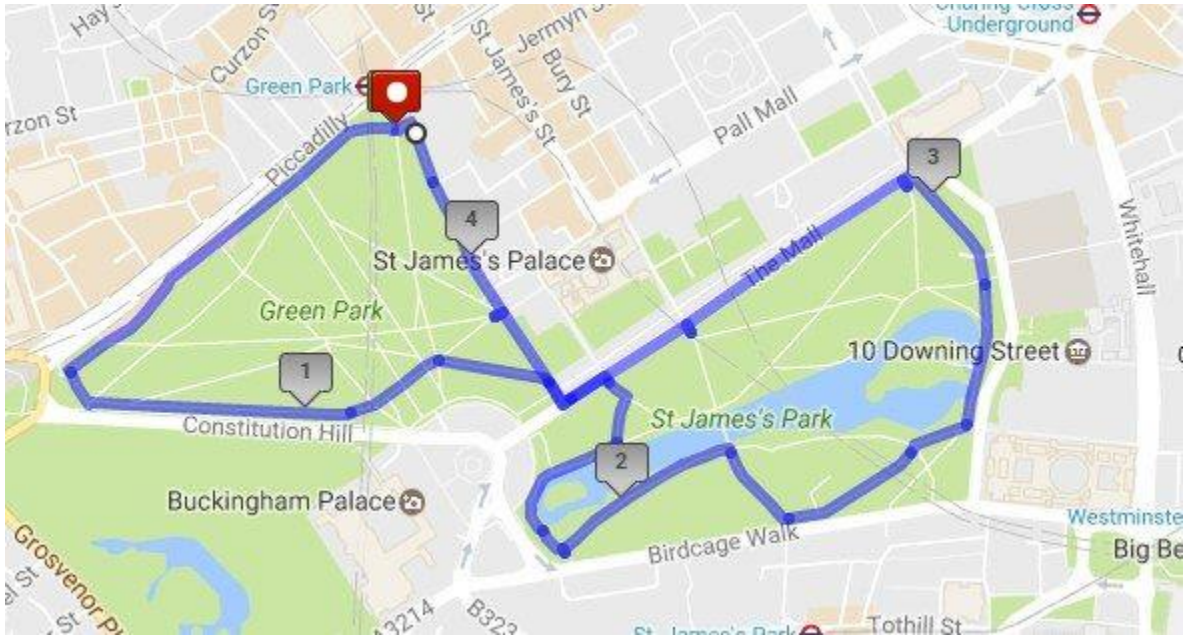
A flexible north London run which is ideal for those based near Camden Town, Euston, Kings Cross or Angel. This peaceful pocket of London allows you to take full advantage of the scenic canal, enabling you to feel miles away from the chaotic office atmosphere. Runners can start at Camden and head East towards Kings Cross for a quick lunchtime jog. For those wanting more of a challenge you can head down to Angel and back again. If your office is located near Granary Square take advantage of the water fountains during the summer months and cool off



### **Royal Parks (x2) – Embankment to Green Park/St James**

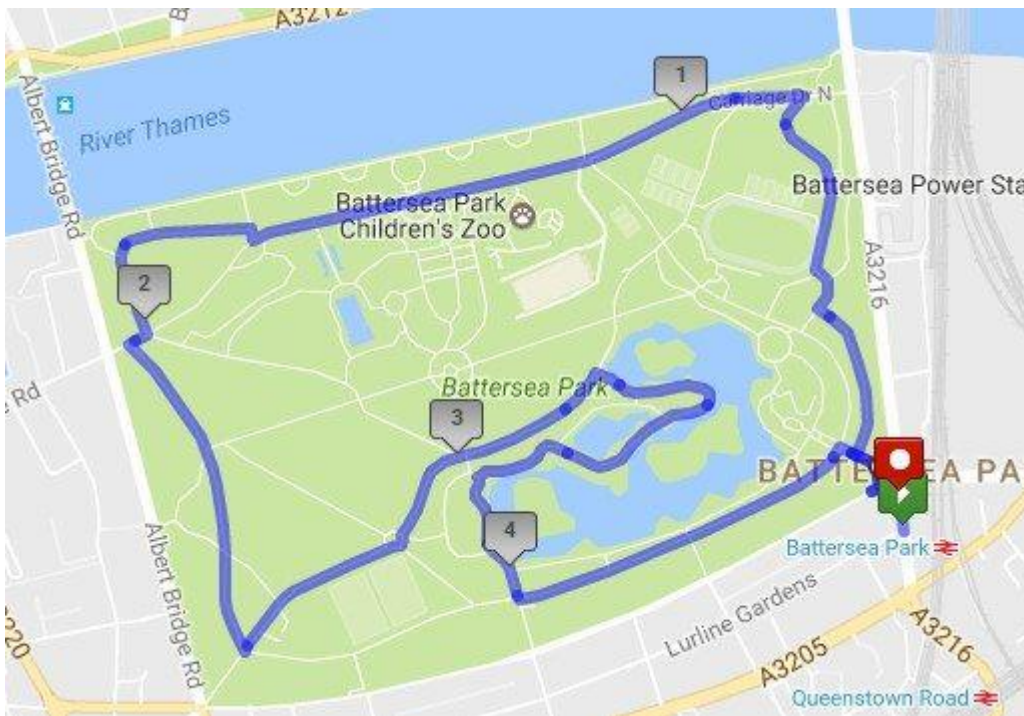
The famous four park run can be cut in half to achieve a quick lunchtime fix that won't eat way at your itinerary. Runners can start at Embankment and head to St James' Park, then on to Green Park. A lap around each and then back to Embankment is 5km. This run is perfect for clocking up those lunchtime miles in record time as it's all flat. For an epic marathon-worthy moment, run along The Mall and get those endorphins rushing. You'll feel ready to tackle the rest of the day after this run.





**Battersea Park**

If you're starting in Chelsea, cross over the Chelsea Bridge and head straight into Battersea Park. Running around the boundary clocks is around 3.5km and there's some lovely sights to keep you going. Head past the zoo, around the far border of the park by the lake and back along next to the Thames before crossing the bridge on the way back to the office. This picturesque run is a great one to if you're based west and need to de-stress. The nearest stations are Battersea Park and Queenstown Road.



**Greenwich Park**

Be warned, this run is not for the faint-hearted. Greenwich Park boasts one of the most stunning views of the city, but that comes at a price. Get those hill sprints in with your colleagues as you tackle the mighty incline up to Greenwich Observatory, before heading down again and enjoying a lap or two of the flat park to finish off. This run is great for those looking to blow off some steam. Once back in

the office, you can refuel with a mighty carbohydrate filled lunch. The nearest train stations are Maze Hill, Blackheath and Greenwich over ground.

