



REGENT'S PARK
RUN DISTANCE: 3.3 MILES
HOW TO GET THERE: BAKERLOO LINE TO REGENT'S PARK (12 MINS)



RIVER THAMES SIGHTSEEING TOUR
RUN DISTANCE: 5.9 MILES
HOW TO GET THERE: NORTHERN LINE TO LONDON BRIDGE (2 MINS)



VICTORIA PARK
RUN DISTANCE: 4.8 MILES
HOW TO GET THERE: NORTHERN LINE TO BANK (4 MINS), CENTRAL LINE TO BETHNAL GREEN (4 MINS), PLUS SHORT WALK TO ROUTE



EAST LONDON TOWPATHS
RUN DISTANCE: 6.2 MILES
HOW TO GET THERE: NORTHERN LINE TO BANK (4 MINS), BANK DLR TO LIMEHOUSE DLR (5 MINS)



ROYAL PARKS OF LONDON
RUN DISTANCE: 6.5 MILES
HOW TO GET THERE: BAKERLOO LINE TO PICCADILLY CIRCUS (8 MINS), PICCADILLY LINE TO HYDE PARK CORNER (2 MINS)

ELEPHANT PARK



BATTERSEA PARK
RUN DISTANCE: 1.9 MILES
HOW TO GET THERE: NORTHERN LINE TO OVAL (3 MINS), 436 BUS TO BATTERSEA PARK (21 MINS)

Running routes around Southwark

On your marks, get set, GO! If you need a little more help to get racing fit or maybe want to try out a new jogging route – here are six training runs to help you get out the door. Ranging from two to 6.5 miles, all are within easy reach of Elephant Park. So dust off your running shoes and good luck.

- BAKERLOO
- CENTRAL
- BUS
- PICCADILLY
- NORTHERN
- BANK DLR