

WAYS TO VARY YOUR RUNS

Run along every road in your area

Get a street map of your local area (town, city, borough etc.) and aim to run along every road on it. You don't need to do this on every run but try at least once a week to do a run where you pick a certain part of your local area and run along every road there. When you get back mark on your map the roads you ran along to keep track of your progress.

Tick off different places

When you are running you could do a tour of local landmarks. For example, over a week/ month you could aim to run past every place of worship in your local area, or past every 'tourist destination'.

Follow a 'tourist route'

Lots of cities and towns publish set routes for tourists to follow which go past places of interest in that area. Try and get hold of some of these and follow them. This is a good way to try some new routes out and also to learn more about your local area.

Get to know your local parks and trails

If you have a park/ other green spaces near you then try to explore them more than you normally would. See if there are any little paths you don't normally run along or any marked footpaths/ cycle paths nearby that you don't normally run along.

Run along the alphabet

This one takes a bit of planning but try in the space of a week/ month to run along a road in your local area starting with every letter of the alphabet. Try to do this in order (obviously you will need to go down other roads in the process) and be prepared to be creative for some letters! For example, for 'z', you might not have a road near you starting with 'z' but there might be a place name, a road name, or a postcode with a 'z' in it.

Try 'Strava art'

If you are feeling creative you could try 'Strava art' which is basically where you run a route that ends up looking like a picture of something when you see a map of it at the end (a quick Google search will bring up lots of examples!). Try drawing your favourite animal or favourite food, for example.