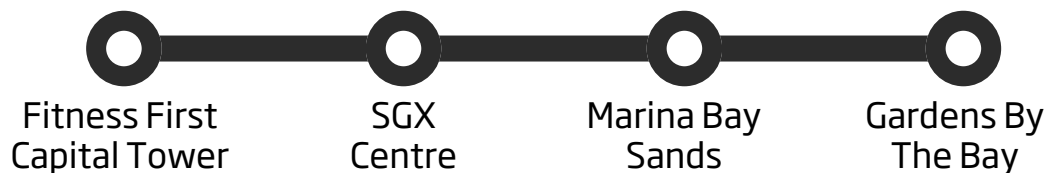


TRAINING RUNS

Gear up for your race with scenic Tuesday runs along routes that covers tempo sessions, hill sprints, interval training and more.

Expect surprises! These routes may vary to keep our runs exciting!

Capital Tower Loop 7KM



Market Street Loop 6.5KM



WEEK	DATE	ROUTE	START TIME
1	10 Sep	Capital Tower Loop	6:30pm
2	17 Sep	Market Street Loop	7:00pm
3	24 Sep	Capital Tower Loop	7:00pm
4	1 Oct	Market Street Loop	7:00pm
5	8 Oct	Capital Tower Loop	7:00pm
6	15 Oct	Market Street Loop	7:00pm
7	22 Oct	Capital Tower Loop	7:00pm
8	29 Oct	Market Street Loop	7:00pm
9	5 Nov	Capital Tower Loop	7:00pm
10	12 Nov	Market Street Loop	7:00pm
11	19 Nov	Capital Tower Loop	7:00pm
12	26 Nov	Market Street Loop	7:00pm

Limited slots available. T&Cs apply.

- > Fitness First members book your slots via the **FF Asia Mobile App**.
- > Non-members scan QR or visit bit.ly/FFSCSM_TrainingRuns to book.

