

# HM Training – 2023 Routes

## Week 1

7.1 miles/11.3 km

<https://routes.rungoapp.com/route/5xwnT67DWQ>

<https://www.strava.com/routes/2973973390567512240>

<https://www.goodrungle.co.uk/RouteMap/MyRoutes/350967/Footpath>

## Week 2

8.3 miles/13 km

<https://routes.rungoapp.com/route/RNIFab43zi>

<https://www.goodrungle.co.uk/RouteMap/MyRoutes/590462>

<https://www.strava.com/routes/2978649990446056820>

## Week 3

9 miles/14.5 km

<https://www.goodrungle.co.uk/RouteMap/MyRoutes/927846>

<https://www.strava.com/routes/2981168360402585272>

<https://routes.rungoapp.com/route/yQuPtFHKhE>

## Week 4

9.75 miles/15.6 km

<https://www.strava.com/routes/2983827947800782582>

<https://routes.rungoapp.com/route/v4lr77l0fF>

<https://www.goodrungle.co.uk/RouteMap/MyRoutes/929107>

## Week 5

7.4 miles/12 km

<https://www.strava.com/routes/2986254604298827892>

<https://routes.rungoapp.com/route/bCPvhL5kv6>

<https://www.goodrunguide.co.uk/RouteMap/MyRoutes/930491>

Week 6

9.1 miles/14 km

<https://routes.rungoapp.com/route/59EOJfOTcO>

<https://www.strava.com/routes/2989161081687893710>

<https://www.goodrunguide.co.uk/RouteMap/MyRoutes/575931>

Week 7

10.5 miles/17.6 km

<https://routes.rungoapp.com/route/mB1xNzbgyY>

<https://www.strava.com/routes/2991720942169858700>

<https://www.goodrunguide.co.uk/RouteMap/MyRoutes/932697>

Week 8

11.8 miles/19 km

<https://routes.rungoapp.com/route/e1OOc1Uzvc>

<https://www.strava.com/routes/2993853947828278742>

<https://www.goodrunguide.co.uk/RouteMap/MyRoutes/933700>

Week 9

11.9 miles/19 km

<https://routes.rungoapp.com/route/PSSXRUuimq>

<https://www.strava.com/routes/2997781186252235936>

<https://www.goodrungle.co.uk/RouteMap/MyRoutes/311341>

Week 10

10 miles/16km

<https://www.strava.com/routes/2998912794538615262>

<https://routes.rungoapp.com/route/udr1xPF9Rm>

<https://www.goodrungle.co.uk/RouteMap/MyRoutes/936058>

Week 11

13.1 miles/21 km

BG HM route trial

<https://www.strava.com/routes/3001511691178466936>

<https://www.goodrungle.co.uk/RouteMap/MyRoutes/311344>

<https://routes.rungoapp.com/route/nDA05I7zGn>

Week 12

8.8 miles/14.25 km

<https://www.strava.com/routes/3004292943312037444>

<https://routes.rungoapp.com/route/eUQqxn6Hqs>

<https://www.goodrungle.co.uk/RouteMap/MyRoutes/938581>