

# Trainingroutes

## Track

### 333m Tartan Track

Beside Fürstenfeld Cityhall, open whole day. Good for intervals, speed,...

**A** \_\_\_\_\_ 10.8km

### Mainly small Tarmac roads

Nearly flat course on small roads with few traffic. Fast runnable, good for speed.

**B** \_\_\_\_\_ 10.5km

### Mainly Forestpaths

Perfect route for recovery and easy jogging through beautiful forest.

**C** \_\_\_\_\_ 3.8km

### Small Tarmac roads

Flat one way route with few traffic. Good for intervals or fartlek.

**D** \_\_\_\_\_ 6.8km

### Mainly Forestroads

Flat, fast runnable circuit through beautiful forest. Popular running route!

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