



## Training map



### London parks

- 1 Greenwich Park – has steps going up the hill
- 2 Hampstead Heath, Parliament Hill – there are a few steps if you go straight up the hill from the Athletics Track. Sprinting up the steep hill will provide good training too
- 3 Hill Garden (West Heath, Hampstead) – has steps up to the Pergola, and also in the grounds

### Underground stations

- 4 Hampstead (over 320steps)
- 5 Covent Garden (193steps)
- 6 Belsize Park (189steps)
- 7 Russell Square (175steps)

### Others

- 8 Outsidesteps at Emirates Stadium
- 9 Tower wing of Guy's Hospital (350 steps, 12floors)

# Vertical Rush

932 steps | 42 floors  
One epic experience

Hosted at

