



## ASICS Running Club Hill Run Training Returns To Sentosa On 27 June

### Description

ASICS Running Club Hill Run Training is back on Sentosa's June and July calendar. Sentosa's guide lists the series on 30 May, 27 June and 25 July 2026, with the next upcoming session on 27 June.

The sessions run on Saturdays from 7am to 10.30am at Tanjong Beach Club. They are described as open to runners of all levels, combining hill workouts, coastal views, experienced coaches and pacers.

### What Runners Can Expect

The guide says participants can expect guided hill repeats, running technique tips, post-run recovery sessions and a beachside cool down. That makes the programme useful for runners who want structure but do not want to train alone on unfamiliar routes.

Because the event is on Sentosa, the terrain and heat are part of the session. It is best suited to runners who can handle an early-morning outdoor workout and want to build endurance in a supported community setting.

- Upcoming dates: 27 June and 25 July 2026.
- Time: 7am to 10.30am.
- Venue listed: Tanjong Beach Club.
- Training focus: hill repeats, technique tips and endurance work.
- Support: coaches, pacers, recovery and beachside cooldown.

### How To Prepare

Arrive early enough to find the group, store essentials and warm up before the run. Bring hydration, sun protection for the later part of the morning and shoes suitable for hill repeats rather than a flat treadmill session.

If you are newer to hill work, use the session as technique practice rather than a race. The point is to learn pacing and form under guidance so the training carries into future runs.

## Why It Is Worth Adding To The Calendar

Singapore runners often train on familiar park connectors or stadium loops. A Sentosa hill session changes the stimulus with slopes, coastal air and a different social environment.

The late-June date also lands early enough in the weekend for runners to pair the workout with breakfast or a beach recovery stop. That makes it a fitness plan and a Sentosa morning in one.

## Location Notes

- [Tanjong Beach Club](#)

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