

日日運動身體好
Daily exercise keeps us fit **男女老幼做得到**
People of all ages can do it



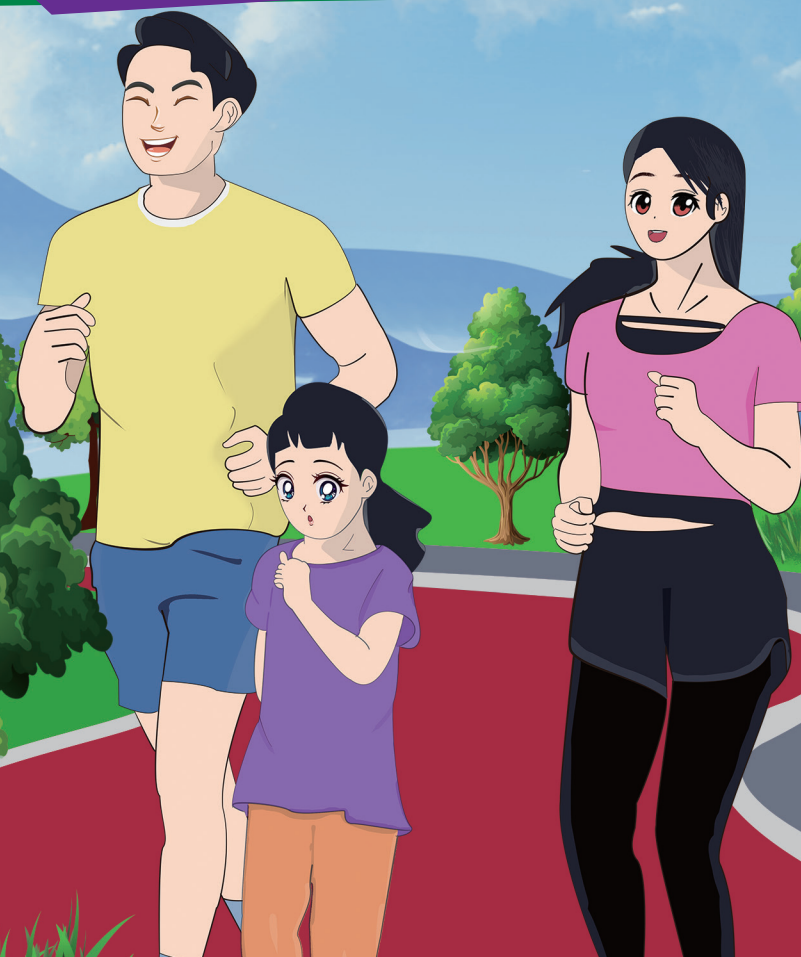
鳴謝：
香港田徑總會
中國香港體適能總會
Acknowledgements:
Hong Kong Association of Athletics Affiliates
Physical Fitness Association of Hong Kong, China

2023年版Edition

普及健體運動
Healthy Exercise
for All Campaign

健康跑步指南

A Guide to Running for Health



 康樂及文化事務署
Leisure and Cultural
Services Department

 衛生署
Department of Health

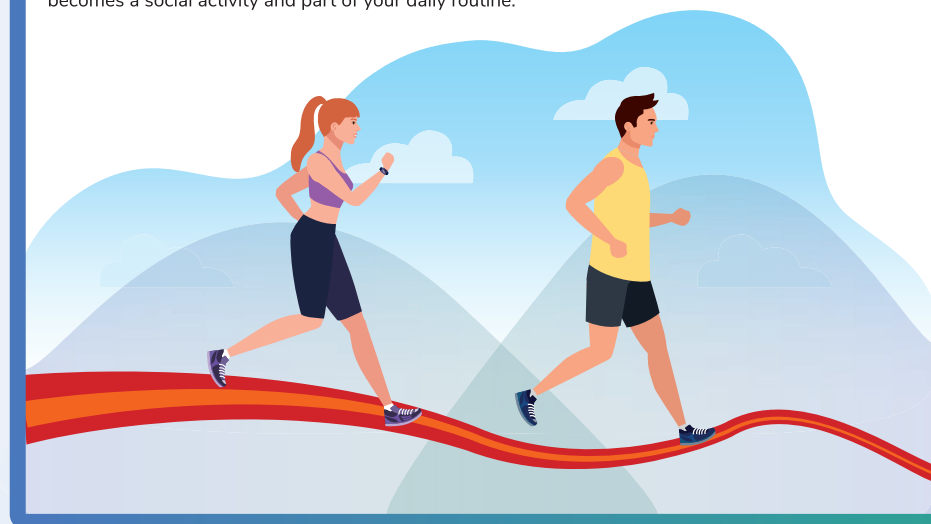
引言 Introduction

根據「全港社區體質調查」結果，結果顯示各年齡層大部分體質參數較十年前同類測試的結果有所改進，反映市民對健康日益關注；但結果亦指出超過半數的市民日常體能活動未達世界衛生組織（世衛）的指標。

According to the findings of the Territory-wide Physical Fitness Survey for the Community. The overall findings of the survey revealed that although most of the physical fitness parameters have improved across different age groups compared to the findings of a similar survey a decade ago, reflecting the growing health awareness of the public. The findings also indicated, however, that more than half of the public did not meet the daily physical activity level as recommended by the World Health Organization (WHO).

跑步有益身心，並有助減低過重和患病（尤其是心血管疾病）的風險。不過，要身體健康，必須跑得其法。在享受獨自跑步之餘，不妨約同家人朋友一起練跑，既可增進情誼，又可使跑步融入生活，使運動成為賞心樂事。

Running is good for both the body and the mind, and it helps reduce the risks of overweight and some illnesses (in particular cardiovascular diseases). However, these health benefits can be realised only through running in the proper way. While it is relaxing to run alone, it may be even more rewarding to run with your family members or friends. Running will be more enjoyable when it becomes a social activity and part of your daily routine.



參考資料 Reference

香港特別行政區：康樂及文化事務署。2021年。「全港社區體質調查」。研究報告摘要。
Territory-wide Physical Fitness Survey for the Community. Final summary report. Hong Kong SAR: Leisure and Cultural Services Department; 2021.

跑步的益處 Running Benefits

- 強身健體，增強心肺功能
To enhance physical fitness and strengthen cardiopulmonary function
- 消耗熱量，有助保持健康體重
To burn calories and keep a healthy body weight
- 降低罹患心血管疾病（例如：冠心病）的風險
To reduce the risk of cardiovascular diseases (such as coronary heart disease)
- 預防中風、骨質疏鬆、部分癌症（例如：大腸癌）等疾病
To prevent illnesses like stroke, osteoporosis and some types of cancer (e.g. colorectal cancer)
- 調適心情，舒緩生活壓力
To help achieve a healthy state of mind as well as ease stress and worries in daily life
- 有助結交朋友，擴闊社交圈子
To offer opportunities to make new friends and broaden your social circle
- 容易學習，花費甚少
Easy to learn and not costing much



跑步前的準備工夫 Running Preparation



A 訂立個人目標 Setting Personal Goals

1. 發展興趣

To pursue a pastime

2. 培養運動習慣

To develop the good habit of regular exercise

3. 強身健體

To improve health

➡ 強化心肺功能，促進血液循環，降低患病風險

To strengthen cardiopulmonary function, improve blood circulation, and reduce the risk of illnesses

➡ 管理體重，改善體質

To manage body weight and enhance physical fitness

➡ 改善體型

To get a better body shape

4. 改善體適能和運動表現

To improve physical fitness and sports performance

➡ 預備參加業餘田徑賽事，挑戰自我

To prepare yourself for amateur running competitions as a self-imposed challenge

➡ 作為參與其他運動的基礎訓練

To prepare yourself for other types of sports

➡ 通過持續練習鍛鍊毅力，並享受達到目標所帶來的滿足感

To strengthen your willpower by undergoing persistent training and enjoy the satisfaction brought by achievements

➡ 增強心肺功能，為參與更長途的比賽作好準備

To strengthen your cardiopulmonary function as preparation for participation in distance running

5. 其他目標

Other goals

➡ 紓緩生活壓力，增強自信，促進心理健康

To ease stress, enhance self-confidence and achieve a healthy state of mind

➡ 與家人及朋友聯誼，共享愉快時光

To spend good times with friends & family



B

穿著合適的服飾 Wearing Suitable Clothing

春秋兩季 In Spring and Autumn:

合適的排汗衣、短跑褲或中筒緊身褲

A suitable sports shirt and a pair of running shorts or capri running tights

夏季 In Summer:

背心或短袖T恤、短跑褲

A vest or a short-sleeved t-shirt and a pair of running shorts

冬季 In Winter:

緊身排汗衣、長褲、風褸

A tight fit sweatshirt, a pair of running pants and a windbreaker



C

其他裝備 / 物品 Other Accessories

➡ 水樽／水袋 A water bottle/ water bag

➡ 手錶 A watch

➡ 太陽帽 A cap

➡ 太陽眼鏡 A pair of sunglasses

➡ 小量金錢 Small amount of money

➡ 小腰包 A small -sized waist bag



跑步運動處方

Exercise Prescription – Running



跑步是有氧運動，可鍛鍊心肺功能和增強耐力。跑步人士應按個人健康和體能來擬定練習計劃。要鍛鍊心肺功能和增強耐力，每星期應做 3 至 5 節訓練，每節 30 至 60 分鐘，確保每星期累積最少 150 分鐘中等至劇烈強度的體能活動。而初學者可按個人體能情況由每節不少於 10 分鐘做起。過重、肥胖、慢性疾病患者或有關節毛病人士應先以「優質健行」（或「健步行」）開始，待身體適應後，才逐步開始練習跑步。

Running is an aerobic exercise, which can enhance your cardiopulmonary function and cardiovascular endurance. Runners should devise a practice plan according to their health conditions and physical fitness. To achieve the purpose of improving your cardiopulmonary function and endurance, you may have 3 to 5 training sessions of at least 30-60 minutes each throughout a week in order to do at least 150 minutes of moderate-to-vigorous physical activity each week. Beginners could start from the duration of at least 10 minutes per session subject to their physical fitness. People who are overweight, obese, or suffering from chronic illness or joint problems should start with QualiWalk (or Fitness Walking) and pick up running progressively after the body has adapted to the amount of physical practice.

A

練習時間和節數 Duration and Frequency of Exercise

1. 時間 Duration:

跑步人士每節練習不小於 30 至 60 分鐘。可採取步行和慢跑交替的方式進行，待身體適應後，便可逐步延長練習時間。

Runners should practise at least 30 to 60 minutes each session for runners and may walk and jog alternately. They can increase the duration gradually when they have physically adapted to the exercise.

2. 節數 Frequency:

每星期 3 至 5 節，練習後需要充分休息。

Practise 3 to 5 sessions a week and then to have enough rest after exercise.

B

控制運動強度 Monitoring of Exercise Intensity

方法一 Method 1:

找出目標心率區域

(適用於一般成年人)

計算目標心率區域的公式：

Find out Your Target Heart Rate Zone

(Applicable to General Adults)

Formula for Finding out Your Target Heart Rate Zone

$$(220 - \text{年齡 / age}) \times 60\% \sim (220 - \text{年齡 / age}) \times 90\%$$

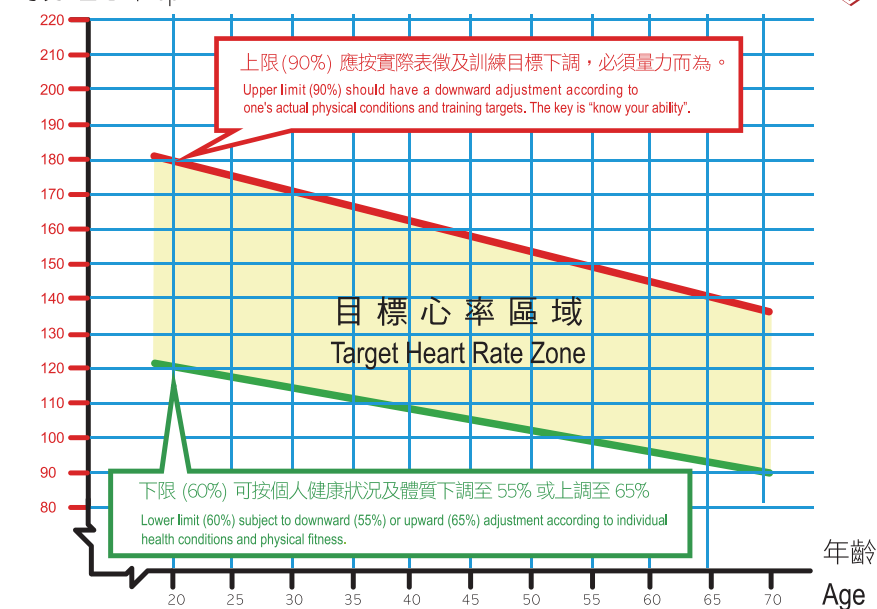
$$(220 - 20) \times 60\% \sim (220 - 20) \times 90\%$$

$$\text{心率：} 120 \sim 180 \text{ bpm}$$

例如：20 歲跑步人士在運動時的目標心率區域是 120 至 180 次

For example: The Target Heart Rate Zone of a 20-year-old runner during exercise should be 120 to 180 beats per minute (bpm)

每分鐘心率 bpm



Tips 小貼士

量度心率方法 Method of Measuring Heart Rate

- 使用有秒針的手錶或計時秒錶；
Use a watch with a second hand or a stopwatch;
- 以食指和中指的指尖輕觸腕動脈或頸動脈，找出可感到脈搏的位置；
Gently use the tips of your index and middle fingers to locate the artery on your wrist or neck and feel the pulse;
- 計算 15 秒內的脈搏次數，然後乘以 4，便得知每分鐘的心跳率。
Count the pulses for 15 seconds and then multiply the number by 4. The result will be the heart rate per minute.



方法二 Method 2:

自覺竭力程度評分方法 (適用所有人士，包括兒童、青少年和長者)

Rating of Perceived Exertion (applicable to all people, including children, adolescents and the elderly)

自覺竭力程度評分 Rating of Perceived Exertion											
級別 Rating	0	1	2	3	4	5	6	7	8	9	10
自覺竭力程度 Perceived Exertion	毫無感覺 No exertion at all	很微弱 Very light	微弱 Light	中度 Moderate	稍吃力 Somewhat hard	吃力 Hard	相當吃力 Fairly hard	非常吃力 Very hard	非常非常吃力 Very very hard	極度吃力 Extremely hard	筋疲力盡 Maximal exertion

運動時，可以考慮採用自覺竭力程度評分方法，評估及控制運動強度，一般人士可把強度控制在級別 5 至 7 之間，而個別人士可在有需要時按自己體能情況下調。

Rating of Perceived Exertion (RPE) may be used to estimate how hard you feel and measure the level of exercise intensity during exercise. RPE between 5 and 7 is recommended for most people, subject to downward adjustment according to individual physical fitness.

建議運動程序 Suggested Exercise Procedure



A 簡介 Introduction

程序 Procedure	運動 Physical Activity	時間 (分鐘) Duration(minutes)	目的 Purpose
熱身 Warm-up	慢跑 Jogging	3-5 3 to 5	<ul style="list-style-type: none"> 提升體溫 To raise body temperature 讓身體由靜止狀態慢慢過渡至運動狀態 To allow your body to gradually prepare for further exercise
	伸展運動 Stretching exercise	最少 10 At least 10	<ul style="list-style-type: none"> 增加關節的活動幅度或範圍 To enhance the flexibility of joints 預防或減低運動受傷的機會 To prevent or reduce the risk of injuries during exercise
	提速跑 Running at an increased pace	3-5 3 to 5	<ul style="list-style-type: none"> 預防或減低運動受傷的機會 To prevent or reduce the risk of injuries during exercise
鍛鍊 Workout	中等至劇烈強度的跑步練習 Running exercise of a moderate to vigorous intensity	最少 30 At least 30	<ul style="list-style-type: none"> 增強心肺功能 To strengthen cardiopulmonary function 增加肌肉力量及耐力 To enhance muscular strength and endurance 促進骨骼健康 To improve bone health 改善身體平衡力 To improve body balance
	適量的阻力訓練 A suitable amount of resistance training		
整理 / 緩和 Cool-down	慢跑 Jogging	最少 5 At least 5	<ul style="list-style-type: none"> 讓身體由劇烈運動狀態慢慢過渡至靜止狀態 To allow your body to calm down gradually after exercising at a vigorous intensity 減少因代謝廢物積聚而引致的疲勞 To reduce fatigue caused by the accumulation of metabolic wastes
	伸展運動 Stretching exercise	最少 10 At least 10	<ul style="list-style-type: none"> 讓更多血液流向身體其他器官，使身體慢慢回復正常狀態 To allow more blood flow to other organs so that your body can return gradually to the normal condition

如天氣寒冷，宜花更多時間進行較大強度的熱身運動，並穿著合適的保暖衣物。
During cold weather, spend more time warming up and do warm-up exercise at a higher intensity, and wear suitable clothing to maintain your body temperature.

B 伸展運動 Stretching Exercises

I 基本原則 Basic Principles:

- 1 進行靜態伸展運動。
Do static stretching exercises.
- 2 避免進行幅度 過大、急動或彈震式的伸展運動。
Do not overstretch your muscles, and avoid sudden or jerky movements and ballistic stretching exercises.
- 3 當肌肉感到拉扯時，維持 10 至 30 秒，並保持呼吸暢順。
Your muscles should be slightly stretched for 10 to 30 seconds, during which smooth breathing should be maintained.
- 4 由頭至腳或由腳至頭進行伸展運動。
Do stretching exercises from head to toe or vice versa.
- 5 身體左右兩邊的肌肉和關節都需要均衡的伸展運動，每邊重複 2 至 4 次。
Stretch your muscles and joints on both sides of your body evenly, repeat 2 to 4 times of each side.

II 伸展運動示範 Demonstration of Stretching Exercises:



1 頸部
Neck

- 眼望前方。
Look forward.
- 頭部緩緩向左邊轉，直至頸部右邊感到輕微拉扯。
Turn your head slowly to the left until the right side of your neck feels a slight stretch.
- 以反方向重複動作。
Repeat on the other side.



2 肩頸
Shoulders
and Neck

- 放鬆肩頸，眼望前方。
Relax your shoulders and neck, look forward.
- 頭部慢慢向左肩方向傾側，直至右邊肩頸感到輕微拉扯。(注意：不宜用力下壓)
Slowly lower your head toward your left shoulder until your right shoulder and neck feels a slight stretch.
(Note: Don't force your head down)
- 以反方向重複動作。
Repeat on the other side.



3 肩膊
Shoulders

- 右臂伸直，橫置於胸口前，左手前臂緊扣右手手肘，並壓向胸口，直至右肩感到輕微拉扯。
Pull your right arm horizontally across your chest, press your right elbow toward your chest with left hand until your right shoulder feels a slight stretch.
- 換手重複動作。
Repeat with the other hand.



4 手臂
Arms

- 右手提起，置於頸後近肩胛骨上方位置。
Put your right hand behind your neck and near the top of your shoulder blade.
- 左手將右手肘拉向左方，直至右肩感到輕微拉扯。
Pull your right elbow to the left with your left hand until your right shoulder feels a slight stretch.
- 換手重複動作。
Repeat with the other hand.

5 胸部
Chest



- 靠牆或柱站立，雙腳微微分開。
Stand near a wall or a pole with feet slightly apart.
- 右臂提起，右手肘屈曲如圖示，與肩膊成一水平線。
Raise your right arm, bend your right elbow and hold it at shoulder level as shown in the illustration.
- 背部保持挺直，身軀稍向前移，挺胸。
Keep your back straight. Lean forward slightly and stretch your chest.
- 換手重複動作。
Repeat with the other hand.



6 腰側 Waist

- 雙腳微微分開站立。
Stand with feet slightly apart.
- 右手提起，左手肘屈曲撐腰。
Raise your right hand. Bend your left elbow and put your left hand on your waist.
- 身軀稍往左側傾斜。
Lean slightly to the left.
- 換手重複動作。
Repeat with the other hand.



7 前大腿 Anterior Thighs

- 右手扶欄，站立並保持身軀挺直。
Hold a railing with your right hand and stand erect.
- 用左手將右腳從後拉起至臀部，直至右大腿前面感到輕微拉扯。
Take your right foot up behind you toward your hips with your left hand until your right anterior thigh feels a slight stretch.
- 換腿重複動作
Repeat with the other leg.

8 大腿內側 Inner Thighs

- 雙手扶欄站立，雙腳保持約肩膊兩倍的寬度。
Hold a railing with both hands. Stand with feet approximately two shoulder widths apart.
- 重心左移，保持身軀挺直，左膝輕微屈曲，直至右大腿內側感到輕微拉扯。
Shift your body weight to the left foot and keep your body straight. Bend your left knee slightly until your right inner thigh feels a slight stretch.
- 換腿重複動作。
Repeat with the other leg.



9 後大腿 Posterior Thighs

- 雙手扶欄，右腳向前踏一步。
Hold a railing with both hands. Take one step forward with your right foot.
- 右腿伸直，腳跟觸地，腳尖向天。
Straighten your right leg with your heel touching the floor and toes pointing upward.
- 重心後移，直至右大腿後方感到輕微拉扯。
Shift your body weight backward until your right posterior thigh feels a slight stretch.
- 換腿重複動作。
Repeat with the other leg.



10 小腿 Calves

- 雙腳成弓箭步，左腳前，右腳後，腳尖向前。
Stand with your left foot in the front and right foot at the back, toes pointing forward.
- 雙手扶欄，身軀微微前傾，左膝屈曲，右腿伸直，直至右小腿感到輕微拉扯。
Hold a railing with both hands and lean forward slightly. Bend your left knee and straighten your right leg until your right calf feels a slight stretch.
- 換腿重複動作。
Repeat with the other leg.

C

跑步練習 Running Practice

1

跑姿 Running Posture

跑步時上身應盡量保持自然挺直，避免僵直或反挺，雙臂放鬆並有節奏地擺動。上半身要放鬆，肩膊朝正面，手臂自然擺動。腳部着地時要自然放鬆。為了防止因勞損而導致運動創傷，跑步時必須穿著輕便、舒適和吸震力強的運動鞋。

Keep your upper body upright naturally when running, and avoid being too rigid or bending backward. Your arms should relax and swing rhythmically. You should also relax your upper body with shoulders facing forward and swing your arms naturally. Your foot should land on the ground in a light and natural manner. To prevent sport injury caused by strain, you should wear light and comfortable sports shoes with good shock absorption.

上身 Upper Body

上身要放鬆，肩膊朝正面，感覺身體中軸，穩定腰腹和肩膊。

Relax your upper body with shoulders facing forward and feel the central axis of your body. Keep your waist, abdomen and shoulders stable.

手臂 Arms

手肘保持約 90 度角，雙臂自然並有節奏地前後擺動。

Keep your elbows at an angle of about 90 degrees. Your arms should swing from back to front naturally and rhythmically.

視線 Sight

注視前方 50-60 米 (不宜抬高下巴，以免引致身體僵直或反挺)。

Focus on a point 50-60 meters in front (do not lift your chin or your body will become too rigid or bend backward).

呼吸 Breathing

初學者宜放鬆並自然呼吸，進階者則可以配合腳步的頻率以穩定的節奏呼吸。

Beginners should relax and breathe in a natural rhythm, while advanced runners may breathe steadily in rhythm with their running pace.

下肢 Lower Limbs

雙腿跟隨手臂的擺動節奏，步伐保持自然。

Follow the swinging rhythm of your arms and keep a natural stride pattern.

腳掌 Feet

整個腳掌着地，利用地面對足底的反彈力經足腰推動身體前進。

Land on the ground with the entire foot. Make use of the reaction force absorbed at feet to push your body forward through your leg and waist.

呼吸方法 Breathing

- 跑步時呼吸應有節奏，最好可以與腳步的節奏互相配合。
Breathe in rhythm, preferably with your running pace.
- 有節奏地呼吸，但無需執着於特定的頻率。當感到氧氣不足時，呼吸頻率會自然加快。不過，要有適當呼氣深度和穩定的節奏。利用口鼻同時呼吸，再自然呼出。
Breathe in rhythm, but need not insist on sticking to a certain frequency. When feeling more oxygen is needed, you will breathe in an accelerated rate automatically. However, you should maintain an appropriate depth of exhalation and a steady breathing rhythm. Inhale with your mouth and nose at the same time and exhale naturally.

訓練方法：定時距離跑 Training Method: Fixed time-distance running

- 在公園或緩跑徑進行於設定時間內完成設定距離的練習，能夠有效提升專項耐力和自我控制跑速的能力。跑步時配合節奏，輕鬆而有力。強度須按個人體力和訓練目的而定。訓練的時間、距離和強度可因應身體狀況循序漸進。
- Running for a fixed distance within a fixed time in a park or on a jogging trail can effectively improve your specific run-endurance and your control of the running pace. Run rhythmically in a relaxed but energetic manner. The intensity of a run should be set according to your physical ability and objectives of training. The duration, distance and intensity of your training may gradually increase depending on your physical conditions.

緩和運動 Cool-down Exercise

- 跑步後不要立刻停下來，應繼續步行或慢跑 3 至 5 分鐘，逐步降低運動強度，在心血管逐漸適應後才停下休息。此外，跑步後肌肉會變得較為繃緊，應輕鬆進行緩和運動，維持血液循環暢順，帶走肌肉乳酸，肌肉便不會酸痛。可在深呼吸和慢步至呼吸暢順後，再做 5 至 10 分鐘的伸展運動，以加強肌肉的柔軟度，這樣才可正式完成一節訓練。

Do not stop immediately after running. You should continue walking or jogging for 3 to 5 minutes to lower the intensity of exercise gradually until your cardiovascular system is able to adapt. After that, you may stop and rest. In addition, as your muscles will become tense after running, you should do some cool-down exercises in a relaxed manner to maintain smooth blood circulation and get rid of the lactic acid to prevent muscle sore. Breathe deeply and walk slowly until you can breathe smoothly. After then, do some stretching exercises for 5 to 10 minutes to enhance the flexibility of your muscles to round up this single training session.



跑步地點 Where to Run?



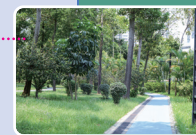
康樂及文化事務署在各分區有多個康樂場地均適合跑步。一般來說，運動場的全天候人造跑道（在沒有運動會和其他預訂安排時，跑道將開放供緩步跑之用），以及公園內的緩跑徑和步行徑均是理想的跑步場地。以下建議的跑步地點只供參考，每個人都可因應自己的需要和興趣，在居住或工作地點尋找自己喜愛的跑步徑。

You may run in a number of leisure venues managed by the Leisure and Cultural Services Department (LCSD) in various districts. In general, all-weather synthetic running tracks in sports grounds (open to the public for jogging when not being used for holding sports days or reserved for other activities), and jogging trails and walking paths in parks also are ideal places for running. The suggested venues listed below are for reference only. You may find your favourite running track according to your needs and interest near your home or place of work.

地區 District	場地 Venue	地區 District	場地 Venue
南區 Southern	香港仔運動場 Aberdeen Sports Ground	深水埗 Sham Shui Po	深水埗運動場 Sham Shui Po Sports Ground
	鴨洲洲風之塔公園 Ap Lei Chau Wind Tower Park		深水埗公園（第二期） Sham Shui Po Park (Stage II)
	鴨洲洲配水庫遊樂場 Ap Lei Chau Service Reservoir Playground		荔枝角公園（第三期） Lai Chi Kok Park (Stage III)
	玉桂山配水庫休憩處 Yuk Kwai Shan Service Reservoir Sitting-out Area		石硤尾公園（第三期） Shek Kip Mei Park (Phase III)
	黃竹坑配水庫休憩花園 Wong Chuk Hang Service Reservoir Rest Garden		大坑東遊樂場 Tai Hang Tung Recreation Ground
中西區 Central and Western	深灣道休憩處 Shum Wan Road Sitting-out Area	油尖旺 Yau Tsim Mong	保安道遊樂場 Po On Road Playground
	卑路乍灣公園 Belcher Bay Park		桃源街遊樂場 To Yuen Street Playground
	馬己仙峽配水庫遊樂場 Magazine Gap Service Reservoir Playground		石硤尾配水庫遊樂場 Shek Kip Mei Service Reservoir Playground
	香港公園體育館（室內緩跑徑） Hong Kong Park Sports Centre (Indoor Jogging Track)		南昌公園 Nam Cheong Park
灣仔 Wan Chai	銅鑼灣運動場 Causeway Bay Sports Ground	黃大仙 Wong Tai Sin	歌和老街公園 Cornwall Street Park
	維多利亞公園 Victoria Park		樂群街公園 Lok Kwan Street Park
	跑馬地遊樂場 Happy Valley Recreation Ground		油麻地配水庫休憩花園 Yau Ma Tei Service Reservoir Rest Garden
東區 Eastern	箕璣坊配水庫休憩處 Green Lane Service Reservoir Sitting-out Area	葵青 Kwai Tsing	洗衣街花園 Sai Yee Street Garden
	小西灣運動場 Siu Sai Wan Sports Ground		櫻桃街公園 Cherry Street Park
	鯉魚涌公園 Quarry Bay Park		斧山道運動場 Hammer Hill Road Sports Ground
	柴灣公園 Chai Wan Park		蒲崗村道公園 Po Kong Village Road Park
	小西灣遊花園 Siu Sai Wan Road Garden		摩士公園（一號公園） Morse Park (Park No.1)
	愛秩序灣公園 Aldrich Bay Park		牛油灣公園 Ngau Chi Wan Park
	愛秩序灣遊樂場 Aldrich Bay Playground		馬仔坑遊樂場 Ma Chai Hang Recreation Ground
	愛秩序灣海濱花園 Aldrich Bay Promenade		慈雲山郊配水庫遊樂場 Tsz Wan Shan Estate Service Reservoir Playground
	富康街休憩處 Fu Hong Street Sitting-out Area		彩虹道遊樂場 Choi Hung Road Playground
	杏花邨休憩處 Heng Fa Chuen Sitting-out Area		
	筲箕灣配水庫遊樂場 Shau Kei Wan Service Reservoir Playground		



地區 District	場地 Venue	地區 District	場地 Venue
觀塘 Kung Tong	九龍灣運動場 Kowloon Bay Sports Ground	沙田 Sha Tin	沙田運動場 Sha Tin Sports Ground
	佐敦谷公園 Jordan Valley Park		馬鞍山運動場 Ma On Shan Sports Ground
	佐敦谷遊樂場 Jordan Valley Playground		蘭田遊樂場 Hin Tin Playground
	麗港公園 Laguna Park		馬鞍山海濱長廊 Ma On Shan Promenade
	坪石遊樂場 Ping Shek Playground		白石角海濱長廊 Pak Shek Kok Promenade
	晒草灣遊樂場 Sai Tso Wan Recreation Ground	屯門 Tuen Mun	屯門鄧肇堅運動場 Tuen Mun Tang Shiu Kin Sports Ground
	觀塘遊樂場 Kwun Tong Recreation Ground		兆麟運動場 Siu Lun Sports Ground
	觀塘上配水庫花園 Kwun Tong High Level Service Reservoir Garden		湖山河畔公園 Wu Shan Riverside Park
	藍田配水庫遊樂場 Lam Tin Service Reservoir Playground		青田遊樂場 Tsing Tin Playground
	油塘配水庫遊樂場 Yau Tong Service Reservoir Playground		楊景遊樂場 Yeung King Playground
	順利郊公園 Shun Lee Tsuen Park	元朗 Yuen Long	蝴蝶灣公園 Butterfly Beach Park
	順利郊遊樂場 Shun Lee Tsuen Playground		元朗大球場 Yuen Long Stadium
	牛頭角公園 Ngau Tau Kok Park		天水圍運動場 Tin Shui Wai Sports Ground
	藍田公園 Lam Tin Park		龍園 Dragon Park
	康寧道公園 Hong Ning Road Park		天水圍公園 Tin Shui Wai Park
九龍城 Kowloon City	九龍仔運動場 Kowloon Tsai Sports Ground	西貢 Sai Kung	天業路公園 Tin Yip Road Park
	巴富街運動場 Perth Street Sports Ground		天秀路公園 Tin Sau Road Park
	九龍仔公園 Kowloon Tsai Park		天澤路體育館（室內緩跑徑） Tin Fai Road Sports Centre (Indoor Jogging Track)
	何文田公園 Ho Man Tin Park		將軍澳運動場 Tseung Kwai O Sports Ground
	聯合道公園 Junction Road Park		西貢鄧肇堅運動場 Sai Kung Tang Shiu Kin Sports Ground
	土瓜灣遊樂場 To Kwa Wan Recreation Ground	葵青 Kwai Tsing	寶翠公園 Po Tsui Park
	和黃公園 Hutchinson Park		寶康公園 Po Hong Park
	東何文田休憩處 Ho Man Tin East Sitting-out Area		常寧遊樂場 Sheung Ning Playground
	賈炳達道公園 Carpenter Road Park		香港單車館公園 Hong Kong Velodrome Park
	迦密村街花園 Carmel Village Street Garden		坑口體育館（室內緩跑徑） Hang Hau Sports Centre (Indoor Jogging Track)
北區 North	北區運動場 North District Sports Ground		調景嶺體育館（室內緩跑徑） Tiu Keng Leng Sports Centre (Indoor Jogging Track)
	偉明街花園 Wai Ming Street Garden	葵青 Kwai Tsing	葵涌運動場 Kwai Chung Sports Ground
	粉嶺遊樂場 Fanling Recreation Ground		和宜合道運動場 Wo Yi Hop Road Sports Ground
	百福田心遊樂場 Pak Fuk Tin Sum Playground		青衣運動場 Tsing Yi Sports Ground
	粉嶺樓路遊樂場 Fan Leng Lau Road Playground		青衣海濱公園 Tsing Yi Promenade
大埔 Tai Po	聯興街休憩處 Luen Hing Street Sitting-out Area		青衣東北公園 Tsing Yi Northeast Park
	保榮路體育館（室內緩跑徑） Po Wing Road Sports Centre (Indoor Jogging Track)		大窩口道南遊樂場 Tai Wo Hau Road South Playground
	大埔運動場 Tai Po Sports Ground	離島 Islands	石蔭梨木道公園 Shek Yam Lei Muk Road Park
	大埔海濱公園 Tai Po Waterfront Park		中葵涌公園 Central Kwai Chung Park
	梅樹坑遊樂場 Mui Shue Hang Playground		葵涌新區公園 Kwai Chung San Kui Park
荃灣 Tsuen Wan	元洲仔公園 Yuen Chau Tsai Park		長洲運動場 Cheung Chau Sports Ground
	城門谷運動場 Shing Mun Valley Sports Ground		東涌北公園 Tung Chung North Park
	荃灣公園（第二期） Tsuen Wan Park (Phase II)		
	汀九休憩處 Ting Kau Sitting-out Area		



假日跑步路線建議

Recommended Running Routes on Holidays

香港人生活節奏緊張，平日就算已預留時間運動，有時也會因突發事情而改變計劃。想全心全意運動，把運動變成賞心樂事，可在假日約同家人和朋友到郊外走走。增添運動趣味，令生活更添姿彩！以下介紹一些跑步熱點：

Life is busy in Hong Kong. Even if you have set aside some time for exercise on weekdays, your plans may be disrupted by some unexpected situations. To enjoy your physical activities in an undisturbed manner, you may visit the countryside on holidays with your family and friends. You will have more fun in pursuing physical fitness activities outside your daily routine! Some popular places for running are listed as follows:

路線一 山頂盧吉道

Route 1 Lugard Road, The Peak



路線：山頂盧吉道一圈

Route: Running along Lugard Road

15, X15

1

沿途風光
Scenery along the Route



路線二 沙田城門河畔

Route 2 Sha Tin Shing Mun Riverside



路線：沙田城門河畔一圈

Route: Sha Tin Shing Mun Riverside

72, 81, 85, 86, 89, 285, 40X, 48P, 48X, 72A, 80K, 80M, 81K, 85K, 86S, 888, 88K, 88X, 900, N48, N73, N86, 280X, N271, NA40

城巴 Citybus: 789, 989

60K, 62K, 810

沿途風光
Scenery along the Route



路線平順易走
Most of the route is flat and smooth

路線三 大埔吐露港 Route 3 Tai Po Tolo Harbour

路線 Route 港鐵 MTR 小巴站 Mini Bus Stop 巴士站 Bus Stop 廁所 Toilet



路線：元洲仔公園至香港科學園，再折返
Route: Yuen Chau Tsai Park to Hong Kong Science Park and return

72, W3, 271, 307, 64X, 65X, 72A, 72X, 73A, 74A, 74B, 74C, 74D, 74P, 74X, 75P, N73, R94, T74, 263C, 265S, 271B, 271P, 272E, 272P, 272X, 274P, 275R, 307P, 907C, A47X, N271, N307

城巴 Citybus: 307, 307P, N307, 907C

26, 28K



香港科學園
Hong Kong Science Park

沿途風光
Scenery along the Route



路線四 大埔大美督 Route 4 Tai Po Tai Mei Tuk

路線 Route 小巴站 Mini Bus Stop 巴士站 Bus Stop 廁所 Toilet



路線：大美督船灣淡水湖主壩至東頭洲，再折返
Route: Mei Tuk Plover Cove Reservoir Main Dam to Tung Tau Chau and return

72C, 73P, 74E, 75K, 75P, 275R

20C, 20R



大美督是長跑賽熱點
Tai Mei Tuk is one of the hot spots of distance running

沿途風光
Scenery along the Route



路線五 上水梧桐河畔 Route 5 Sheung Shui Ng Tung Riverside

路線 Route 港鐵 MTR 小巴站 Mini Bus Stop 巴士站 Bus Stop 廁所 Toilet



路線：沿石上河至梧桐河及雙魚河一圈
Route: Running along Shek Sheung River to Ng Tung River and River Beas

73K, 79K, 270S, 373, 673P, N373

50A, 57K, 58K, 59K, 605

沿途風光
Scenery along the Route



日落河畔
Sunset over the river

路線六 大欖涌引水道 Route 6 Tai Lam Chung Catchwater

路線 Route 小巴站 Mini Bus Stop 巴士站 Bus Stop 廁所 Toilet



路線：荃景圍至汀九，再折返
(為大欖涌引水道緩步跑徑的一部分)
Route: Tsuen King Circuit to Ting Kau and return
(Part of Tai Lam Chung Catchwater Jogging Trail)

30, 30X, 39A, 39M, N39, 230X, 239R, 934A

A38

95, 95M

沿途風光
Scenery along the Route



沿途有上坡路
Uphill and Downhill slopes along the route

路線七 城門水塘 Route 7 Shing Mun Reservoir

路線 Route 小巴站 Mini Bus Stop 巴士站 Bus Stop 廁所 Toilet



路線：城門水塘一圈 (部分為越野路徑)
Route: Running along Shing Mun Reservoir
(Part of the route is a cross-country trail)

263, 40E, 40X, 43P, 43X, 46P, 46S, 46X,
47A, 47X, 48P, 48X, 49P, 49X, 73D, 73P,
73X, 848, 868, N48, 269D, 273C,
273P, 278A, 278P, 278X, 279S

82



城門水塘白千層
Paper-bark trees in Shing Mun Res

沿途風光
Scenery along the Route



路線八 城門引水道 Route 8 Shing Mun Catchwater

路線 Route 小巴站 Mini Bus Stop 巴士站 Bus Stop 廁所 Toilet



路線：城門水塘至荃錦公路，再折返
Route: Shing Mun Reservoir to Route Twisk and return

263, 40E, 40S, 40X, 43P, 43X, 46P, 46S, 46X,
47A, 47X, 48P, 48X, 49P, 49X, 73D, 73P, 73X,
848, 868, N48, 263A, 263C, 269D, 273C,
273P, 278A, 278P, 278X, 279S

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小巴站亭設洗手間及茶水亭
Toilet and kiosk next to the minibus stop

沿途風光
Scenery along the Route



路線九 萬宜水庫 Route 9 High Island Reservoir

路線 Route 小巴站 Mini Bus Stop 巴士站 Bus Stop 廁所 Toilet



路線：西貢萬宜坳至東壩，再折返
Route: Sai Kung Man Yee Au to East Dam and return

94, 96R, 289R 7, 9



北潭涌巴士站設有茶水亭及洗手間 Toilet and kiosk next to the Pak Tam Chung Bus Stop

沿途風光 Scenery along the Route



路線十 將軍澳海濱 Route 10 Tseung Kwan O Promenade

路線 Route 港鐵 MTR 小巴站 Mini Bus Stop 巴士站 Bus Stop 廁所 Toilet



路線：調景嶺至日出康城，再折返
Route: Tiu Keng Leng to LOHAS Park and return

91R, 694, 792M, 796P, 796S, 796X, 798, 798B, N796, A29P, E22A, E22C, E22S

108A, 110



沿途風光 Scenery along the Route



跑步常見問題： Frequently Asked Questions:



1 任何人士都適宜跑步？ Is running a sport for all people?

跑步無疑是有益身心的運動，不但能鍛鍊體魄，改善心肺功能，亦是大部分運動項目的基礎訓練。不過，如你有患病或有健康問題，例如患有心血管病、糖尿病、高血壓、關節毛病或出現胸痛或暈眩症狀，在參加跑步或其他體能活動前應徵詢醫生或其他專業人士的意見。

Running is definitely a sport with many benefits. It not only improves physical fitness, but also strengthens cardiopulmonary function. It is also one of the building blocks for most sports. However, if you are suffering from disease or having some health conditions such as cardiovascular disease, diabetes mellitus, hypertension, joint problems or symptoms of chest pain and dizziness, you should consult a doctor and other medical professional before taking up running or other physical activities.

2 跑步對兒童健康有好處嗎？ Is running good for children?

跑步對兒童有益，但須注意以下幾點：

Running is good for children, but only if attention is paid to the following points:

- 應強調跑步的樂趣和意志訓練多於訓練時間和速度
Emphasis should be put on enjoying running and training willpower rather than attaining a certain duration or speed
- 逐步增加跑步的時間和距離
Increase the duration and distance gradually
- 兒童不適宜過早投入專業跑步訓練
Children should not engage in professional training at too early a stage
- 兒童不適宜進行長距離訓練或過多的專門訓練
Long distance training or excessive special training is not suitable for children
- 兒童應避免長時間在硬地或崎嶇不平的山徑跑步，可在運動場跑道或公園緩跑徑跑步
Children should avoid running on hard surface or rough and uneven mountain path for a long time. A running track at sports grounds or a jogging trail in park is more suitable

3

如何培養跑步習慣，使跑步成為生活的一部分， 建立健康生活模式？

How to develop a habit of running and make it a part of your daily routine in order to lead a healthy lifestyle?

- 約同朋友和家人一起跑步
Invite your friends and family members to join you
- 間中加插另一項活動 (X)，既可增加新鮮感，亦可避免因只集中一種運動而引致筋骨勞損。此外，參與另一種活動在增加體能活動量之餘，也有助動態休息。活動 X 可以是踏單車、遠足、器械練習。對於三項鐵人運動愛好者來說，活動 X 可以是滾軸溜冰；對於剛開始練習跑步的人士來說，活動 X 可以是游泳或園藝。(活動 X 又名「交叉訓練」)
Switch to another activity (X) from time to time, so as to increase the variety of activities and prevent causing strain to muscles and joints by repetitive movements. This practice will not only increase the amount of physical activity, but also allow for active rest. Activity X may be cycling, hiking or training with fitness equipment. For triathlon enthusiasts, activity X may be roller skating. For running beginners, activity X may be swimming or gardening (Activity X also known as "Cross Training")
- 加入休息日，最多練習 3 天便要休息 1 天，初學者更要休息 2 至 3 天。在休息日可進行伸展運動或活動 X
Build regular rest days into your schedule. Take a rest day after running for a maximum of 3 days in a row. For beginners, 2 to 3 rest days are needed. You may do stretching exercises or engage in activity X on rest days
- 編寫跑步計劃和訓練日誌，記下每次練習的日期、時間、地點、天氣、距離、心情、訓練形式和成果，間中亦可記錄體重、血壓和心跳率，以了解持續練習後的身體變化
Devise a running plan and keep a training diary. Jot down the date, time, place, weather, distance, your mood, training method and results. Sometimes you may also make a record of your body weight, blood pressure and heart rate in order to assess the changes after continuous practice
- 參加適合自己體能的比賽，並以此為短期或長期目標，這樣會幫助你更投入定期練習，以及將跑步融入生活
Participate in competitions that suit your physical fitness level and take them as your short-term or long-term goals. This will help you be more committed to your regular practice and build running into your daily routine
- 訂立短期或分段練習目標。太長遠的目標容易令人半途而廢，分段達成目標，可以增強成功感和自信心，維持運動的動力
Set short-term or sectional training targets. Very long-term targets may cause you to give up easily. The achievement of periodic targets can give you a greater sense of success, boost your confidence and give you the impetus to continue with your training
- 自我獎勵，當已達成目標，給自己一點獎勵，鼓勵自己再向另一目標進發
Reward yourself. After achieving your targets, give yourself some rewards as encouragement to work towards the next target
- 將自己的運動計劃告訴朋友或家人，他們可以給予督促和支持
Tell your friends or family members your training plan. They can help monitor your progress and give you support

4 初學者如有意參加比賽，應選擇甚麼比賽？ What type of race should be targeted for beginners?

初次參加比賽，宜選擇路面較平坦的公路賽。相對於起伏不平的賽道，較平坦的公路賽會較容易完成，消耗體力也較少，而且如要應付陡斜的上下坡路段，大腿肌肉力量不足者較易受傷；山路及郊區的賽道環境雖通常較優美，但路面碎石容易引致受傷。此外，應選早春或晚秋的清涼季節，避免在炎夏或寒冬參賽，因炎熱天氣容易導致身體脫水，而嚴寒天氣則會令體溫下降，加快體力消耗。

It would be better for beginners to opt for a road race held on relatively flat and even roads as the course requires less physical energy and is easier for them to finish. Races on uneven roads with steep slopes may cause injuries to runners whose thigh muscles are not strong enough. Although race courses in the hills and countryside usually come with beautiful landscape, gravel paths may easily lead to injuries. Runners should also choose to compete in cooler seasons such as early spring or late autumn. Hot summer or severe winter days should be avoided as hot weather may cause body dehydration while extreme cold weather will lower the body temperature, leading to faster consumption of physical energy.

5 如何選擇跑鞋？ How to choose running shoes?

如跑步以消閒、強身健體為目的，跑鞋的耐用、舒適及保護程度至為重要。一雙保護功能好、吸震力強和貼合腳型的運動鞋，可以把足部與地面接觸時產生的撞擊力減至最少，發揮防止運動創傷及保護足部和腳踝的功能。其他要求包括鞋面應該選用透氣快乾物料，鞋跟要穩固和吸震力強，以及鞋頭柔軟度高。

If you are running for leisure or health, the durability, comfort and protection of running shoes should be your prime considerations. A pair of sports shoes which fit well and offer good protection and shock absorption can reduce the impact when your feet hit the ground, and thus help prevent sports injuries and protect your feet and ankles. Other requirements include shoe uppers made of breathable and quick-dry materials, heels offering stability and good shock absorption, and toe boxes made of soft material.

6 跑步可以消耗多少熱量？ How much energy will be burned on a run?

跑步消耗熱量的多寡取決於運動強度、個人體能、技術水平、年齡、性別、體重及運動時間等因素，普通人以每小時 8 公里的速度跑步 30 分鐘（平路），大約可消耗熱量如下：

The amount of energy expended on a run is determined by factors such as the intensity of the run, personal physical fitness, skill level, age, gender, body weight and exercise duration. For ordinary people running for 30 minutes (on flat and even surface) at a speed of 8 kilometers per hour, the approximate amounts of calories burned are as follows:

體量 (公斤) Body Weight(kg)	每 30 分鐘所消耗的 熱量 (千卡) Energy burned every 30 minutes(kcal)
35	145
40	166
45	187
50	208
55	228
60	249
65	270

體量 (公斤) Body Weight(kg)	每 30 分鐘所消耗的 熱量 (千卡) Energy burned every 30 minutes(kcal)
70	290
75	311
80	332
85	353
90	374
95	394
100	415



我的訓練日誌 My Training Diary



		一 Mon	二 Tue	三 Wed	四 Thu	五 Fri	六 Sat	日 Sun	總計 Weekly Total
第 周 Week	日期 Date								運動次數 Total session _____ 次 _____ sess 運動時間 Total duration _____ 分鐘 _____ mins
	運動項目 Type								
	持續時間 Duration								
第 周 Week	日期 Date								運動次數 Total session _____ 次 _____ sess 運動時間 Total duration _____ 分鐘 _____ mins
	運動項目 Type								
	持續時間 Duration								
第 周 Week	日期 Date								運動次數 Total session _____ 次 _____ sess 運動時間 Total duration _____ 分鐘 _____ mins
	運動項目 Type								
	持續時間 Duration								
第 周 Week	日期 Date								運動次數 Total session _____ 次 _____ sess 運動時間 Total duration _____ 分鐘 _____ mins
	運動項目 Type								
	持續時間 Duration								

更多資訊 More information



查詢有關康樂及文化事務署 (康文署)「長跑活動」的資料，請瀏覽本署「社區康樂體育活動」網頁。
For information on the programmes of "Long Distance Running", please visit the website of Community Recreation and Sports Programmes of the Leisure and Cultural Services Department (LCSD).

如欲查詢有關「普及健體運動」的資料，請致電康樂及文化事務署 (康文署) 二十四小時客務熱線：2414 5555 (此熱線由「1823」接聽) 或瀏覽康文署網頁：www.lcsd.gov.hk/tc/healthy。
For details about the "Healthy Exercise for All Campaign", please call the Leisure and Cultural Services Department (LCSD) 24-hour Customer Hotline at 2414 5555 (This hotline is handled by "1823") or visit the website of LCSD at www.lcsd.gov.hk/en/healthy.

如欲知道更多健康資訊，請致電衛生署健康教育專線：2833 0111 或瀏覽衛生防護中心網頁：www.chp.gov.hk。
For more information on health, please call the Health Education Infoline of the Department of Health at 2833 0111 or visit the website of Centre for Health Protection at www.chp.gov.hk.

查詢有關跑步訓練或比賽的資料，請致電 2504 8215 與香港田徑總會聯絡，或瀏覽該會網頁：www.hkaaa.com/tc。
For enquiries about training or competitions for running, please call the Hong Kong Association of Athletics Affiliates at 2504 8215 or visit the website of association at www.hkaaa.com/en.

查詢有關以跑步作為運動處方的資料，請致電 2838 9594 與中國香港體適能總會聯絡，或瀏覽該會網頁：www.hkpfa.org.hk。
For information on running as an exercise prescription, please contact the Physical Fitness Association of Hong Kong, China at 2838 9594 or visit the website of association at www.hkpfa.org.hk.

鳴謝：
香港業餘田徑總會
中國香港體適能總會

Acknowledgements:

Hong Kong Amateur Athletic Association
Physical Fitness Association of Hong Kong, China



