

18 Free Running Tracks In Singapore Sorted By Neighbourhood To Get Your Cardio In Check



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Free running tracks in Singapore

There are many ways to get into the groove of the *#fitspo* life in SG – think [cycling](#), [hiking](#) and an outdoor excursion to our many nature parks like [Bukit Timah Nature Reserve](#). But if you thrive on lacing up the track shoes, these **free running tracks in Singapore** may be what you need to iron up your stamina with zero distractions.

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What are the benefits of running?

In general, every 1km run is equivalent to 60 calories burned, though this varies on many factors like age and intensity of the run. For those focusing on weight loss, aim to get your heart rate into the fat-burning zone, which is about 70%-80% of your maximum heart rate. To get your approximate maximum heart rate, multiply your age by 0.7 before subtracting it from 208.

Other pros of running include positive impacts on your mental health. When we run or exercise, endorphins and other chemicals like serotonin and dopamine –happy hormones, are released which reduce the feeling of stress and anxiety. Running also helps to regulate sleep patterns and increases sleep quality by keeping the circadian rhythm in check.

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In the long run, running can significantly reduce your risk of illnesses and diseases like osteoporosis, diabetes, stroke, and even cancer.

How to increase your running stamina?

When it comes to building up stamina, take it slow and easy by following a progressive training plan. This means gradually increasing the distance you run weekly by about 10% each week. You can also try incorporating longer runs at a slower pace to get your body used to the distance.

How to prepare for a run?

Being in the proper attire can improve performance and reduce the chances of injury, so make sure you've got appropriate running gear. Here are some essentials you'll need:



Running gear	Purpose	Pri	
Outdoor Essentials running cap	Sun protection	\$19.	
BEACOOL sports sunglasses		\$3	
Banana boat 12oz sunscreen		\$19.23	Amazon Singapore
ATHLIO men's compression shorts	Anti-chafe	From \$25.62	Amazon Singapore
THE GYM PEOPLE women's compression shorts		From \$25.54	Amazon Singapore

PYFK running belt with bottles	Storage	\$34.51	Amazon Singapore
SoundPEATS Bluetooth running earphones	Entertainment	\$32.67	Amazon Singapore
Adidas NKE45 Runner 5	Running shoes	From \$46.88	Amazon Singapore

Running Clubs in Singapore

Whether you require help staying consistent or just looking for new friends with the same interest, consider joining one of the many running clubs in Singapore. Even if you've just started your running journey, don't be afraid to try it out as people in this community are extremely friendly and wholesome. Plus, most of them are FOC to join.

Running Group	Meeting point	Schedule	Contact
Singapore Runner Club	SUTD sports stadium	Monday, 8.30pm	Singapore Runner Club IG
	Bukit Gombak stadium	Wednesday, 7.30pm	
Running Dept	UOB Plaza, Raffles Place	Wednesday, 7pm	Running Dept IG
Asics Running Club	Singapore Indoor Stadium	Tuesday, 7pm	Asics Facebook
Super Hero Runners	OCBC Square, Kallang Wave Mall	Tuesday, 6.45pm	Super Hero IG
The Social Running Club	Various locations	Saturday, 7.30am	Social Running Club telegram
Adidas Runners Singapore	Asian Civilisations Museum	Thursday, 7pm	Adidas Runners Facebook
	Various locations	Saturday, from 6am	
Puma Nitro Run Club Singapore	Kallang Wave Mall	Thursday, 7pm	Puma Nitro Run IG
	PUMA flagship, 313@somerset	Last Saturday of each month, 7am	
	Vivocity boardwalk		
Volt Runners SG	Vivocity, Nike	Thursday, 7pm	Volt Runners Facebook
XTrailBlazers	Carpark behind Sports Hub Library	Tuesday, 7pm	XTrailBlazers IG
	Marang Road Carpark	Thursday, 7pm	
	Multiple locations	Saturday, 6.45am	
Fast and Free Run Club	100Plus Promenade	Thursday, 7pm	FFRC IG
	18 Robinson	Saturday, 6.30am	

- East -



1. Our Tampines Hub

Elevated indoor & outdoor running tracks

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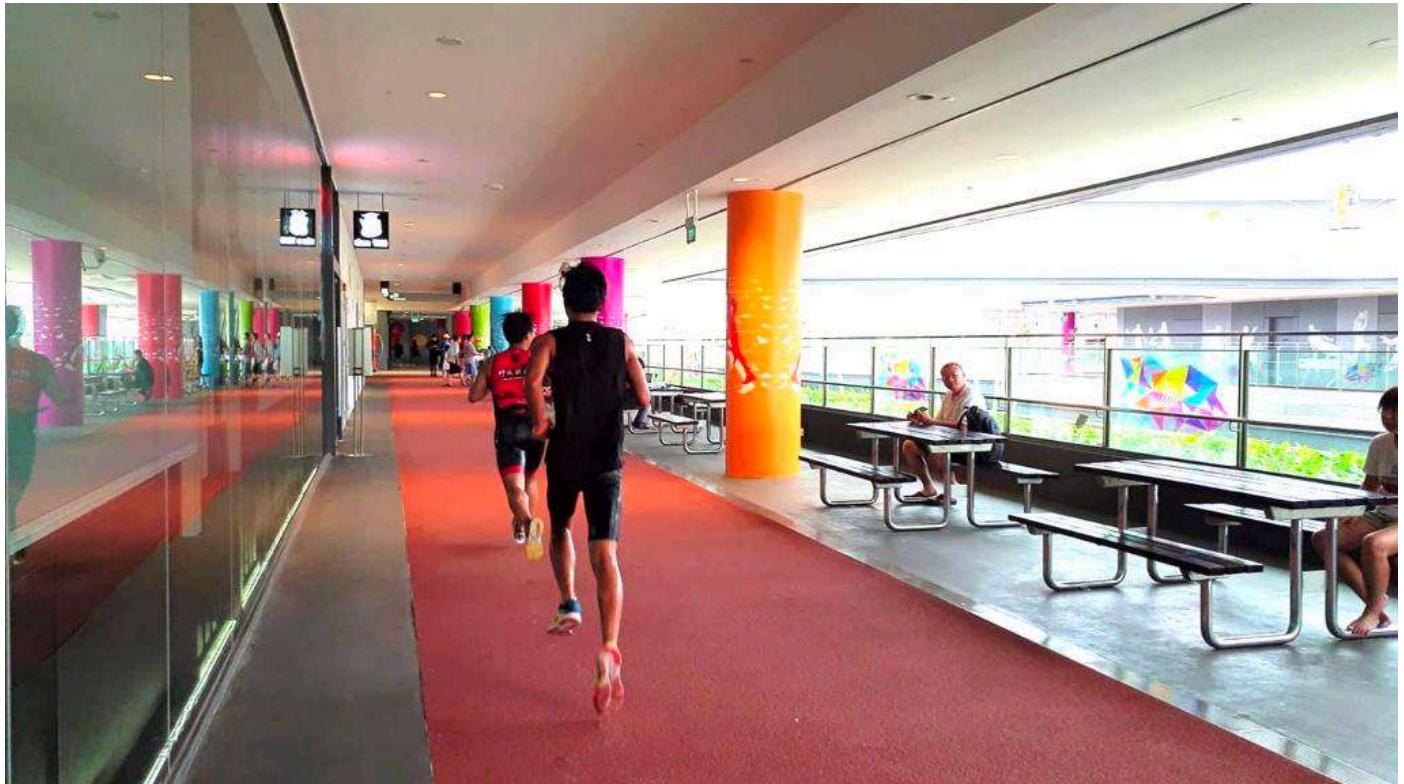
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Image credit: Our Tampines Hub Facebook

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It's the biggest integrated community centre in SG with both outdoor and indoor running tracks – the latter takes up the entire 5th floor and comes with shower and locker facilities.

Address: 1 Tampines Walk, Singapore 528523

Opening hours: 24 hours, Daily

Contact: 6340 3636 | [Our Tampines Hub website](#)

2. SUTD Running Track

400m track open as late as 11pm

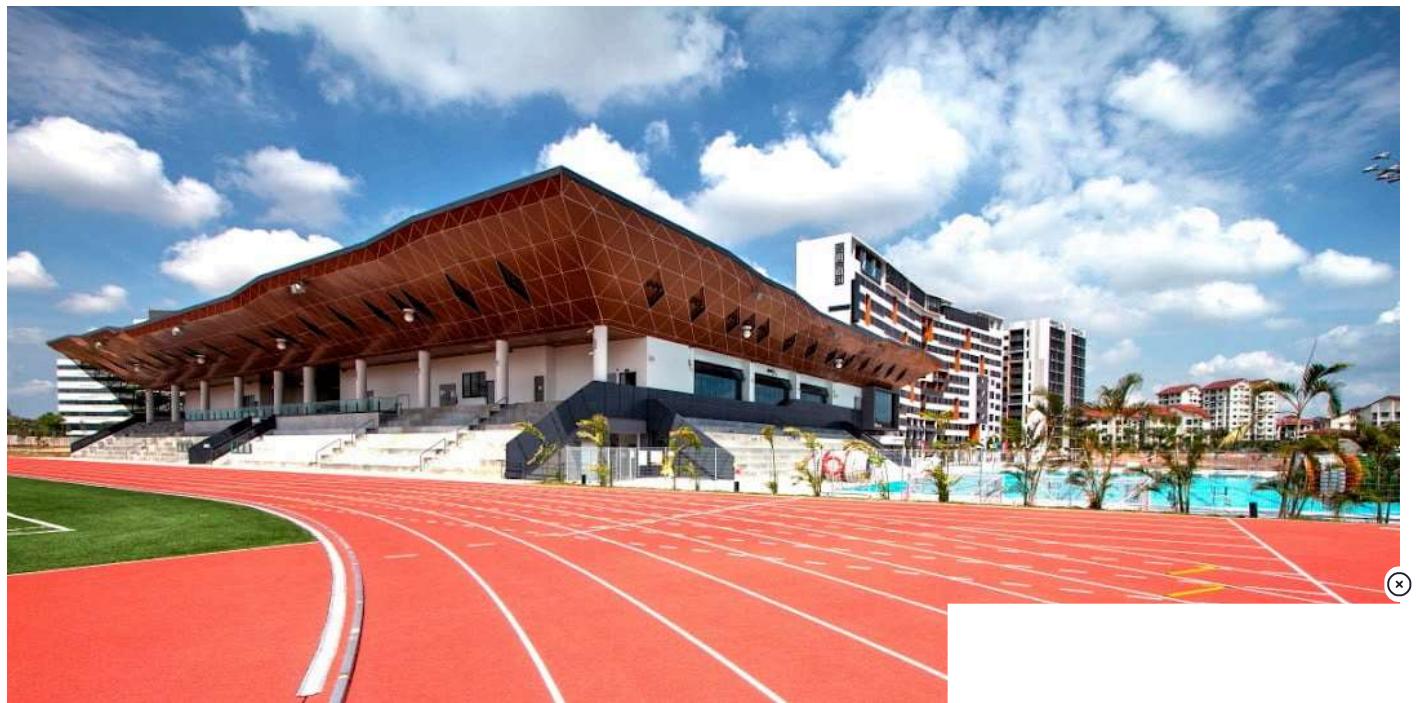


Image credit: World Orgs

Ideal for those living further east is **SUTD Running Track**, which is located within the S Design's (SUTD) campus in Changi. It's open to the public till as late as 11pm, catering to jogging without sweating under the sun.

It also happens to be right opposite [Changi Business Park](#) AKA the "Eastside's CBD", which has many yummy food spots to grab a bite at without forking out a pretty penny.

Contact: 6499 8927 | [SUTD website](#)

3. Bedok Stadium

Sports complex with nearby gym*Image credit: ActiveSG*

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Just up the street from the famed Bedok 85 Market is **Bedok Stadium**, which has a standard outdoor running track Easties can easily get to.

Address: 1 Bedok North Street 2, Singapore 469642

Opening hours: 4.30am-8.30pm, Daily

Contact: 6443 4846 | [Bedok Stadium website](#)

4. TMJC Running Track

Less crowded option

Sports stadiums aside, there are schools with running tracks that are made open for public use too. **Tampines-Meridian Junior College's** (TMJC) track is available for anyone to pop by during the weekends. Plus, you won't have to worry about sharing the lanes with too many people since it's less crowded than at stadiums.

Address: 21 Pasir Ris Street 71, Singapore 518799

Opening hours: Sat 3pm-9pm | Sun 9am-7pm (Closed on weekdays)

Contact: 6349 3660 | [TMJC website](#)

- Central -

5. MOE (Evans) Stadium

Near Botanic Gardens

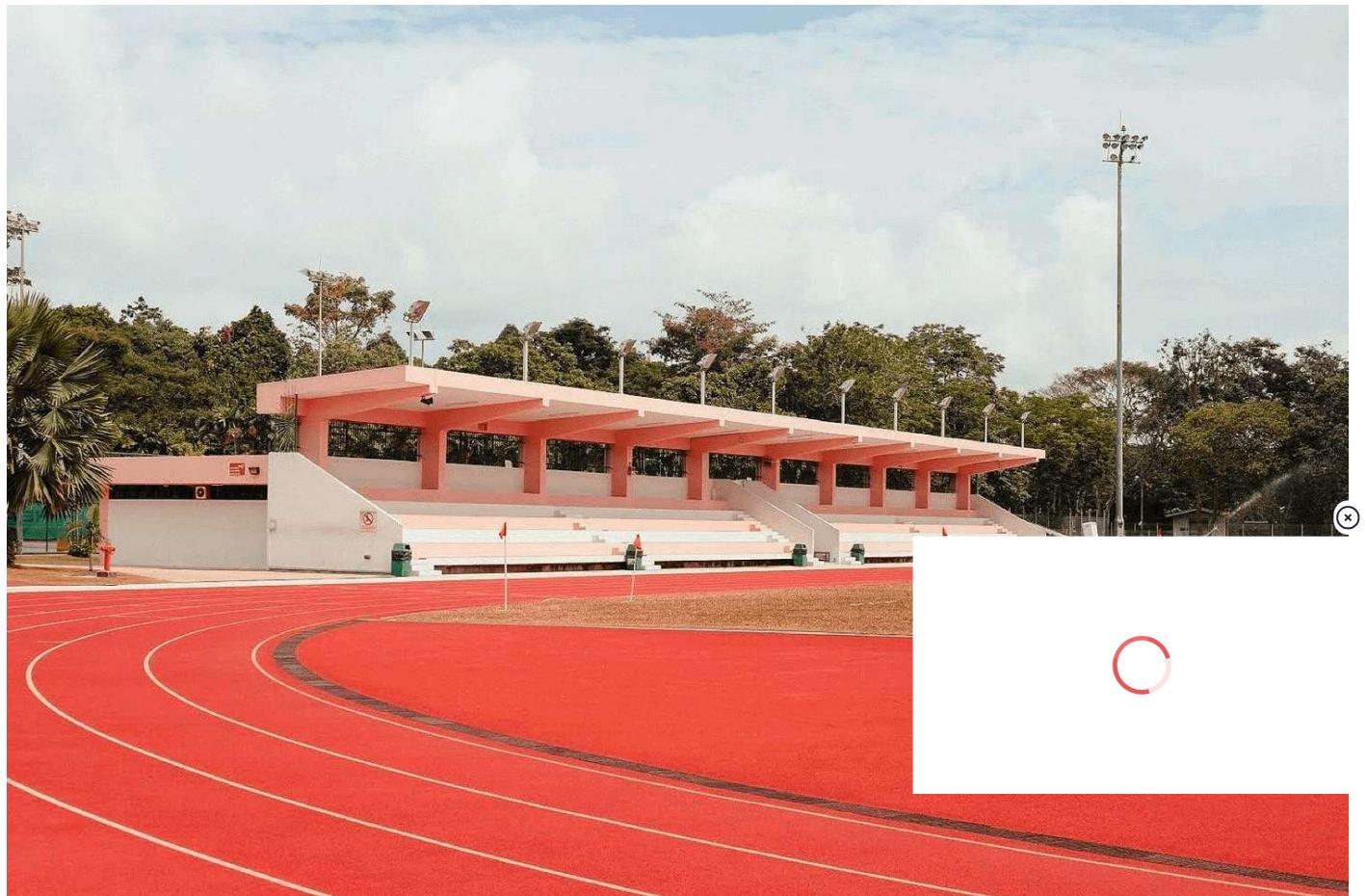


Image credit: Studio Hippocampus

The tracks are also well lit by stadium lights after sunset. You don't have to worry about hydration either, with the multiple water coolers dotted around.

Address: 21 Evans Road, Singapore 259366

Opening hours: Mon-Fri 6pm-10pm | Sat 2pm-10pm | Sun 7am-10pm

6. 100Plus Promenade

Sheltered 888m-long track



PHOTOGRAPH BY THESMARTLOCAL

BTS's world tour concert and the World Rugby Sevens Series are just some of the many roaring events that have taken place at the **Singapore Sports Hub**.

But that's not to say we should give its sporting facilities a pass – the **100Plus Promenade** track, spanning 888m around the National Stadium. It's also open 24/7 for you to pop wish.

Address: 1 Stadium Drive, Singapore Sports Hub, Singapore 397629

Opening hours: 24 hours, Daily

Contact: 6653 8900 | [Singapore Sports Hub website](#)

7. Home of Athletics



Image credit: @redssportsg via Instagram

Rookie or pro, many runners out there might have idols they look up to. To help *#manifest* the reality of one day becoming as fast as Soh Rui Yong, clock your kms at **Home of Athletics**, the main track used by TeamSG athletes.

Other features such as hurdles, a shot put ring and a steeplechase pit are also available – perfect for trackies out there who wish to clock in extra training hours.

P.S. Check out these [running tips](#) as shared by Rui Yong.

Address: 52 Stadium Road, Singapore 397724

Opening hours: Mon & Wed 7am-3pm | Tue, Thu & Fri 7am-5pm | Sat 12pm-5pm | Sun 7am-9.30pm

Contact: 6348 1291 | [Kallang Practice Track website](#)

8. Toa Payoh Stadium



Opposite Toa Payoh MRT





Image credit: @plau333 via Instagram

TPY Residents can head over to **Toa Payoh Stadium** for a run, which is located opposite the MRT station.





The estate isn't just known for its iconic dragon playground either. Once you're done, slip out of your running shoes and pop by Toa Payoh Town Park, a serene oasis with nature views you can soak in while catching your breath.

Address: 297 Lorong 6 Toa Payoh, Singapore 319389

Opening hours: 4.30am-8.30pm, Daily

Contact: 6259 2916 | [Toa Payoh Stadium website](#)

9. Bishan Stadium

5-minute walk from J8





This stadium hosts the annual AFF Suzuki Cup that invites players from around the region.

Image credit: @ekorharimaumalaya.my via Instagram

Bishanites may fondly remember this place from their sports day memories – **Bishan Stadium** is a convenient spot where all residents can head to. It's also just 5 minutes away from Junction 8.

Address: 7 Bishan Street 14, Singapore 579784

Opening hours: 4.30am-8.30pm, Daily

Contact: 6352 6631 | [Bishan Stadium website](#)



10. Serangoon Stadium

Short bus ride to popular cafes

Minutes away from Serangoon MRT sits **Serangoon Stadium**, with a full-sized running track amongst other facilities including a swimming complex.

Address: 33 Yio Chu Kang Road, Singapore 545677

Opening hours: 4.30am-9.30pm, Daily

Contact: 6288 0086 | [Serangoon Stadium website](#)

11. Hougang Stadium

Opens at 4.30am for early birds

They say that the early bird catches the worm; pre-dawn risers will get to have the track all to themselves at **Hougang Stadium** from 4.30am onwards. Time to soak in the crisp morning air before the daily hustle begins.

Address: 100 Hougang Avenue 2, Singapore 538856

Opening hours: 4.30am-8.30pm, Daily

Contact: 6386 4856 | [Hougang Stadium website](#)

- North -

12. Sengkang Sports Centre

Beside IG-worthy nature park





Image credit: ActiveSG

Low-key as it may be, Sengkang has many nooks to look out for, with **Sengkang Sports Centre** being one of them. Housed within the same complex as a world-class hockey pitch, the running track is one you can pop by for runs if jogs around the neighbourhood aren't your thing.



Be sure to visit the scenic Sengkang Riverside Park just outside the complex. The picturesque lalang fields and floating wetlands will make you feel like you've stepped into a Monet painting *IRL*. Check out our [guide to Sengkang](#) for more things to

Address: 57 Anchorage Road, Singapore 544964**Opening hours:** 7am-10pm, Daily**Contact:** 6315 3576 | [Sengkang Sports Centre website](#)

13. Yishun Stadium

Near HomeTeamNS Khatib*Image credit: ActiveSG*

Northies have **Yishun Stadium** as their daily go-to track. It is situated near Khatib MRT, making it a convenient midpoint for dwellers of both neighbourhoods.

Now that you're pumped, HomeTeamNS Khatib is located nearby with [Adventure HQ](#) in out with rock climbing, high element obstacle courses, and ninja warrior challenges.

Address: 103 Yishun Avenue 1, Singapore 769131**Opening hours:** 7am-10pm, Daily**Contact:** 6851 8600 | [Yishun Stadium website](#)

14. Choa Chu Kang Stadium

ActiveSG with next-level pool



Image credit: ActiveSG

Don't think Choa Chu Kang is just an *ulu* hideout. For those who call this estate home, there's **Choa Chu Kang Stadium** which is pretty easy to get to.

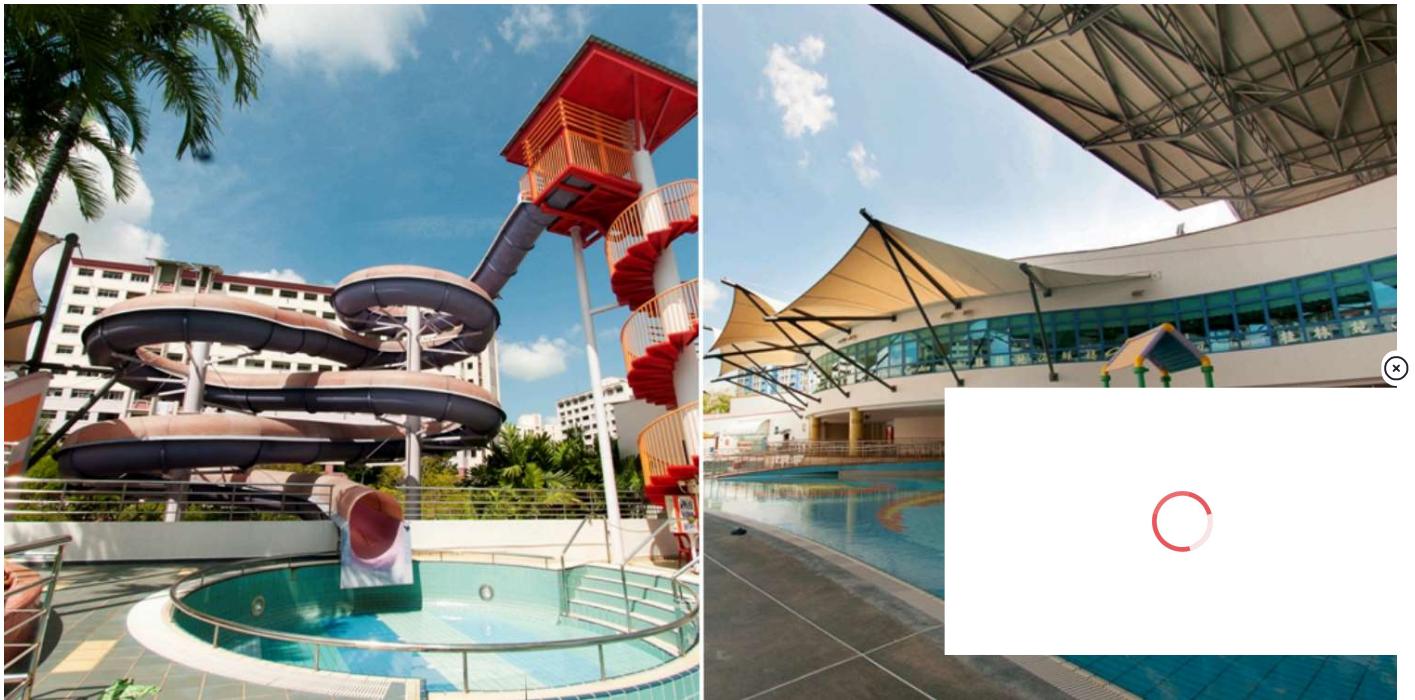


Image adapted from: ActiveSG

Address: 1 Choa Chu Kang Street 53, Singapore 689236

Opening hours: 4.30am-9.30pm, Daily

Contact: 6767 4576 | [Choa Chu Kang Stadium website](#)

-West-

15. Bukit Gombak Stadium

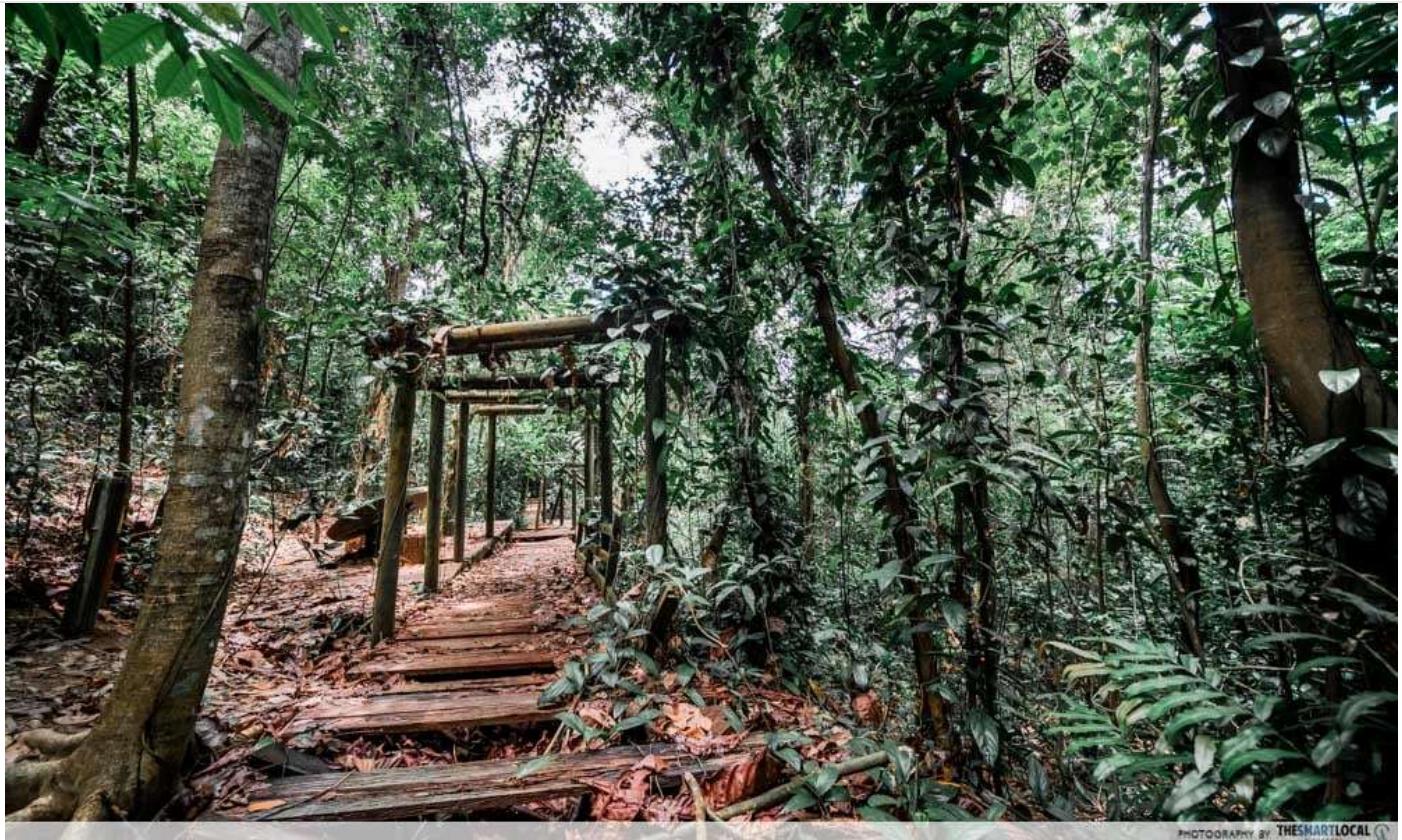
View of Little Guilin



The view of Little Guilin will push you forth as you complete your run.

Image credit: eventfinda

Some prized perks Bukit Gombak residents have under their belts are the nature parks right at their doorstep. No stadium has quite the view like **Bukit Gombak Stadium**, located just behind **Little Guilin** at **Bukit Batok Town Park**. Runners will get treated to some *sicc* views while working out, making them forget about the pain burning through their legs for a moment.



PHOTOGRAPHY BY THESMARTLOCAL

After finishing your workout, drop by [Bukit Batok Hillside Park](#) to explore even more nature views. Try finding these “torii” gates on your next hunt for [Instagrammable things to do in Singapore](#).

Address: 800 Bukit Batok West Avenue 5, Singapore 659081

Opening hours: 4.30am-9.30pm, Daily

Contact: 6565 2467 | [Bukit Gombak Stadium website](#)

16. Jurong East Stadium

Next to pool with fun water features





Image credit: ActiveSG

Westies have **Jurong East Stadium** in the 'hood, where they can hit the tracks for a stamina boost.

The stadium sits next to a sprawling swimming complex, located at Jurong East Sports Centre. With giant slides and a lazy river, they need not travel across the island to get to **Wild Wild Wet** for some water fun.

Address: 21 Jurong East Street 31, Singapore 609517

Opening hours: 7am-7.30pm, Daily

Contact: 6563 5052 | [Jurong East Stadium website](#)

17. NTU Running Tracks

3km track along the forest





Image credit: The Nanyang Chronicle

Even if you're not a student, you can head to **NTU's running track**, which is open to the public. While burning some calories, you can enjoy an unofficial tour around *Pulau NTU* along the 3km-long track, passing by some forested areas near campus as well.

While you're at it, be sure to check out [Yunnan Garden](#), a gem within the university that's filled with aesthetic photo ops like a waterfall, stone paths and picturesque pavilions.

Address: 50 Nanyang Avenue, Nanyang Technological University, Singapore 639798

Opening hours: 24 hours, Daily

Contact: 6791 1174 | [NTU Runners' Club website](#)

18. Clementi Stadium

Near Clementi 448 Market





Image credit: @stevepham via Instagram

If you find yourself in the far West and are eager to get your track shoes out, you can have **Clementi Stadium** as your default go-to spot.

When the tummy starts to rumble post-run, pay a visit to **Clementi 448 Market** located just 10 minutes away from the stadium. A bowl of *zhou* (congee) from [Soon Lee Porridge](#) will satisfy your hawker cravings, especially on a cool rainy day. ☀️

Address: 10 West Coast Walk, Singapore 127156

Opening hours: 7am-8.30pm, Daily

Contact: 6776 2560 | [Clementi Stadium website](#)



Exercise at these free running tracks in Singapore

Health is wealth, but it doesn't take a fortune to keep fit. With the right discipline, a consistent cardio routine is a great way to get started. With these running tracks in Singapore, you can carve an exercise regime for yourself that'll do wonders for your body in the long run.

- ActiveSG gyms in Singapore
- IPPT running tips
- Unique nature activities
- Mountain bike trails in SG

Cover image adapted from: @redsporssg via Instagram, The Nanyang Chronicle, eventfinda

Last updated by Ariel Soh on 24th December 2024.

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- 📅 31 May 2025 - 29 Mar 2026
- 🕒 10:00 am - 7:00 pm
- 📍 1 Saint Andrew's Road, Singapore 178957

Star Wars Pop-Up Library

- 📅 06 Aug 2025 - 24 Jan 2026
- 🕒 10:00 am - 10:00 pm
- 📍 65 Airport Blvd, Changi International Airport, Terminal 3

SG60 Heart&Soul

- 📅 26 Aug - 31 Dec 2025
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