



CLAREMONT

Training Plan

Session Title	Bootcamp (Tabata Style)
Main Focus	Strength and conditioning
Location	Summer: Heaton Park – grassed area next to car park), Heaton Park Road Winter: Baltic Square
Warm Up (15 mins)	Steady group run to location Slow running around in circle then the following exercises whilst moving: <ul style="list-style-type: none"> high knees heel flicks side to side or step overs change direction, touch floor, jump up, catch person in front (at command) arm rolls forward, arm rolls backwards, swing arms over to opposite side; skipping; Stand still and do hip rotations, arm twists
Core Session (30 mins)	20 sec per exercise 10 sec rest. Repeat 8 times per exercise (total 4 mins per set) . 1 min rest (active recovery like marching on spot if cold) between sets. (tabata style) <ul style="list-style-type: none"> 1. Squat and squat jumps 2. Burpees 3. Lunge and reverse lunge 4. Push ups and mountain climbers 5. Standing bicycle crunches and high knees 6. Sit ups and leg lifts or if too wet sprints and 180 degree jumps
Cool Down (10 minutes)	Slow jog moving to skip then walk whilst doing left and right arm stretches across body and overhead. Static stretches – quad stretch, calf and hamstring stretch, glute stretch, hip stretch, forward stretch to touch toes
Variations	Winter (Baltic Square) Suggestions include working in pairs with one running and the other doing exercise; beat the clock where an exercise is given with a number of reps and the faster the exercise is completed the more rest between exercises; pyramid session eg everyone does 1 squat, followed by 2 lunges etc
Notes	If short of time could only do 2 sets then send everyone to run down the hill to the bollards at the end of the park (making sure they watch out for other users before turning and running back up the hill.
Potential Hazards	Other park users, ice, wet leaves, dark!