



CLAREMONT

Training Plan

Session Title	Baltic Mile
Main Focus	Speed Endurance
Location	Baltic Square / Quayside The mile circuit starts and ends in Baltic Square. Follow the route marked by diamonds in the pavement along the side of the Sage, over the Swing Bridge, follow the loop under the bridge and then along the Newcastle Quayside and back over the Millennium Bridge.
Warm Up (20 mins)	Slow jog down to the Quayside and over the Millennium Bridge. Steady jog together around the mile course so that everybody knows the route.
Core Session (30 - 35 mins)	3 x 1 mile with approximately 3 minutes recovery between miles. The aim is to go as fast as possible but to run all 3 miles at the same pace. Runners can start each mile whenever they feel ready, though participants should be encouraged to go off in pairs or small groups of roughly equal ability so that they can help each other and maybe have a bit of friendly competition.
Cool Down (10 minutes)	Slow jog back to Sport Central
Variations	Can vary the number of miles or do two mile intervals
Notes	Check there are no other events at the Quayside.
Potential Hazards	Runners needed to be careful crossing the road by the Sage. Quayside and bridges can be busy with pedestrians.

Map

