



CLAREMONT

Training Plan

Session Title	Jesmond Dene with a happy ending – alternative
Main Focus	A mix of longer intervals, hills and sprints
Location	Finding a location for this will be tricky but ideally you should have three points in a line: point A, with point B 600 metres away and having a good hill beside it, then point C a further 400 metres away.
Warm Up (15 mins)	<ol style="list-style-type: none"> 1. Jog to point A 2. Although I don't lead a warm up, I realise that I should, so you may want to start with some high knees, heel flicks, etcetera 3. Do a warm up interval of approximately 600 metres - at about 60% of your full speed - from point A to point B.
Core Session (30 mins)	<ol style="list-style-type: none"> 1. At point B, do a ferocious two minute burst up and down the hill 2. Do a 400 metre interval to point C 3. Turn to run back to point B in 30 second sprints, with 15 second recoveries between each one. 4. Running slightly less ferociously to preserve energy, complete five minutes up and down the hill 5. Do your final interval by running from point B to point C and then turning to run back past point B to the happy ending at point
Cool Down (10 minutes)	<ol style="list-style-type: none"> 1. Jog home from point A 2. Complete any of your usual post-run stretches 3. Consider yourself hard core for running this session alone
Variations	Of course, few people are going to find the hills and points A-C perfectly positioned, so this session is likely to involve a degree or improvisation
Notes	Any suggestions for improvement welcomed.
Potential Hazards	This depends on your location but take care for all forms of hazard wherever you are. The biggest hazard now is other people – keep at least 2m away!