



CLAREMONT

Training Plan

Session Title	Jesmond Dene with a happy ending
Main Focus	A mix of longer intervals, hills and sprints
Location	Heaton Park, Armstrong Park and Jesmond Dene
Warm Up (15 mins)	<ol style="list-style-type: none"> 1. Jog to the entrance to Heaton Park at the top of Warwick Street 2. Warm up with high knees, heel flicks etc 3. Do a warm up interval of approximately 600 metres - at about 60% of your full speed - from the park gates, down the hill and following the path as it bends to the right. Continue until you come to some bollards and the road.
Core Session (30 mins)	<ol style="list-style-type: none"> 1. Turn left to jog to the bottom of the road, stopping just before the roundabout. Turn and run as hard as you can to the top of the road, circling round the traffic sign. Run to the bottom again and then half way back up, to your starting point. 2. Turn left to run further into Heaton Park with another interval of approximately 600 metres, finishing at Armstrong Bridge 3. Turn left onto Armstrong Bridge, then immediately right into the Dene. Jog down the first path to your left until you come to the road. Turn right there and begin a series of 30 second sprints, with 15 second recoveries. This will take you past Pets Corner and, after the fourth or fifth sprint, you should cross a bridge over the river to a grassy area. 4. At the far end of the grassy area, you will find a turning triangle on a path that goes past the toilet block and up to the road. Run up and down this path, turning at the road at the top and using the turning triangle at the bottom, for five minutes. 5. Job back across the bridge and turn to the right so that you are heading back the way you came. Then run an interval of approximately one and a quarter miles, all the way along the path. You will pass pets corner on your right, the first set of hills that you did on your left and then some high rise housing on the right. Eventually, you will come out of the Dene and – after a final, savage hill - finish at a road sign. Enjoy the happy ending.
Cool Down (10 minutes)	<ol style="list-style-type: none"> 1. Jog straight ahead to Warwick Street, turn left and then to the gates of Heaton Park (or turn right to go back to the sports centre) 2. Head for home, praising yourself for completing the session
Variations	Part 1 of the core session can be varied to just go up to the top of the hill and then back to the starting point. Part 3 could become one, longer interval. The happy ending interval could be divided into two – but where would be the fun in this?
Notes	Any suggestions for improvement welcomed.
Potential Hazards	Part 1 of the core session, and the latter stages of part 5, are run on roads – they are quiet, but please keep watch for traffic.