



CLAREMONT

Training Plan

Session Title	The Legendary Abutment
Main Focus	A mix of longer intervals, hills and sprints
Location	This session is either for completing on the actual course or at another location – if it is the latter, it is important that your starting point is approximately one and a quarter miles from the foot of a hill. In the instructions that follow, locations on the actual course are shown in italics.
Warm Up (15 mins)	<ol style="list-style-type: none"> 1. Jog to your starting point (<i>the Millennium Bridge</i>) 2. Warm up - some high knees, heel flicks, etcetera 3. Do a warm up interval of approximately 400 metres at about two thirds of your fastest pace (<i>to the Swing Bridge</i>)
Core Session (30 mins)	<ol style="list-style-type: none"> 1. Jog for about 100 metres in the same direction as your warm up interval and then do a series of intervals, as fast as you can, for 90 seconds, taking 30 second recoveries in between each one. These should all be in the same direction. When you get to the foot of the hill (<i>the first concrete ball on your right</i>), stop. 2. Find an appropriate starting point (<i>hard to describe but hopefully you know where it is, in sight of the legendary abutment</i>), take a brief recovery and then run up and down the hill for five minutes (<i>turning by looping around the abutment</i>) 3. Take another short recovery, then find a flat space where you can do some sprinting (<i>the far end of the industrial estate</i>). Do five sets of 20 seconds of sprinting, followed by 40 seconds recovery, turning round after each sprint. 4. Return to the foot of the hill and reproduce the centipede, as far as you can, by running at a steady pace for 50 seconds then sprinting for 10 seconds, to the point where you finished your warm up interval (<i>do this from the concrete ball to the far end of the Copthorne Hotel</i>)
Cool Down (10 minutes)	<ol style="list-style-type: none"> 1. Jog back to your starting point (<i>the Millennium Bridge</i>) and from there to your home or car 2. Reflect on your dedication for completing this interval session without the encouragement of others – very well done
Variations	Reproducing the centipede may be particularly difficult, so you might prefer a final, long interval back to your warm up point instead
Notes	There may be other variations that you need to add if you are training at a different location. Any suggestions for improvement welcomed!
Potential Hazards	If using the original course, be particularly careful when crossing the road into the industrial estate, and when looping round the abutment, on the hills interval.