



CLAREMONT

Training Plan

Session Title	Gateshead Hills
Main Focus	Hills
Location	From Baltic Square to Bottle Bank
Warm Up (15 mins)	<p>Slow jog down to Millennium Bridge and over it into Baltic Square</p> <p>Warm up exercises in Baltic Square</p> <p>Stretch out at 80% - up the ramp and turn left along South Shore Road to bottom of Mill Road</p>
Core Session (30 mins)	<p>First hill (A) up Mill Road to traffic lights – up and down 3 times</p> <p>Jog back to Baltic Square.</p> <p>Split into pairs of similar ability. Run a sprint relay across the Square, up the ramp and to the top of the curved ramp down. Waiting runner starts when their partner is on the downward ramp. See route B.</p> <p>Walk/jog to top of ramp and cross the road.</p> <p>Flat sprint (C) to traffic lights just before Swing Bridge.</p> <p>Run from the traffic lights up Church Street to the trees and back down (hill D) - twice</p> <p>Cross the road</p> <p>Next hill (E) up other side of Church Street to car park entrance – up and down twice</p> <p>Cross over the road to the bottom of the hill.</p> <p>Final hill (F) is at side of Hilton (Bridge Street and Bottle Bank) – up and down twice</p> <p>Cross the road to Swing Bridge.</p> <p>Parlov in pairs (fastest with slowest etc) around the Baltic Mile. Slower partner starts over Swing Bridge, faster one along by the Sage. Don't do the bit under the Swing Bridge on cobbles.</p>
Cool Down (10 minutes)	<p>Slow jog back to Sport Central (or starting point)</p> <p>Encourage stretching</p>
Variations	<p>Omit one of the Church Street hills.</p> <p>Run a loop around Church Street, staying left and back down the steep path from the Sage (or the other way around)</p> <p>Change the hill paths and/or the number of repetitions.</p> <p>There are other hill sessions in the Claremont Road Runners' training portfolio.</p>
Notes	
Potential Hazards	Major roads to cross on warm-up/slow down jog.

Some paths are fairly narrow.

Maps

