



CLAREMONT

Training Plan

Session Title	Gateshead Riverside
Main Focus	Hills
Location	From Baltic Square to Gateshead Riverside Park
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% to traffic lights just before Swing Bridge</p>
Core Session (30 mins)	<p>First hill (A) up Church Street to car park entrance – up and down 3 times</p> <p>Cross over the road to the bottom of the hill.</p> <p>Second hill (B) is at side of Hilton (Bridge Street and Bottle Bank) – up and down twice</p> <p>Jog the short distance to just before the entrance to Gateshead Riverside Park</p> <p>3rd hill (C) is up the path on the left, stay right up the steps and loop left back down to the bottom. Just once.</p> <p>Slow jog across the road and round the riverside path to by the car park.</p> <p>4th effort is on the flat along the riverside path (D) to where paths join on the left just before the King Edward VII bridge.</p> <p>For all of the above efforts, the runners should come back on themselves to the tail marker and finish together.</p> <p>5th effort is the V-shaped paths (E) – up on the right to the 2nd lamppost, back down and up on the left path to the 1st lamppost. Start runners in both directions to spread the group out. 3 times.</p> <p>Slow jog back towards the centre on the side of the road to the next path on the right.</p> <p>Final hill (F) is a long, sometime steep one – just once up to the top with the faster runners coming back down to regroup with the slower ones.</p> <p>Slow jog down hill 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</p> <p>Encourage stretching</p>
Variations	Change the hill paths and/or the number of repetitions. There are other hill sessions in the Claremont Road Runners' training portfolio.

Notes	
Potential Hazards	Major roads to cross on warm-up/slow down jog. Some paths are fairly narrow and unsuitable for winter use.

Maps

