



CLAREMONT

Training Plan

Session Title	Town Moor Hills
Main Focus	Hill training – good for leg strength!
Location	Exhibition Park / Town Moor
Warm Up (15 mins)	Jog slowly from Sport Central to Exhibition Park bandstand Warm-up exercises in Exhibition Park: High knees, heel flicks, star jumps, arm swings, skipping etc
Core Session (30 - 40 mins)	Stretch out at 80% around tennis courts to gate onto Moor (approx. 280m) Regroup and go through gate – slow jog to next gate (approx. 200m) First effort – sprint to the crossroads (approx. 470m), faster runners turn and come in with back marker. Jog to bottom of the hills First hill effort: Up the first and second hills, but turn when lead runner reaches top of the second hill. Second hill effort: Up and down the first hill – everybody should do this twice, so group all turn as slowest runner passes them on 2 nd descent. Hill sprints: Form into groups of 3, preferably of similar ability. One of the 3 goes about 50m up the hill, the other two on the flat near the bottom. One of the two sprints up, the 2 nd one down, the 3 rd runner back up etc for approx. 5 minutes. After short recovery, form into groups of about 6 runners and return to the gate by Indian File (approx. 670m). See maps for all routes.
Cool Down (10 minutes)	Slow jog back to starting point Stretches as desired
Variations	Can change the turn around points on the hills, i.e. use first hill more or less. Start at 10 second intervals, slowest to fastest, instead of Indian file.
Notes	
Potential Hazards	The hills can be muddy. There may be cows!

Maps



