



CLAREMONT

Training Plan

Session Title	Endurance Interval Session
Main Focus	Endurance
Location	Your choice, preferably flat roads
Warm Up (15 mins)	<p>Jog ½-1 mile to location . If doing a home workout then jog around or on the spot for 10 mins</p> <p>March on spot, Jog on spot, high knees, heel flicks, arm rotations (increasing movement), torso twists, figure of 8 hips, Side to side lunges, squats, leg swings (forward to back, then cross in front/behind), Jumping Jacks,</p> <p>Strides – 60-80% race pace</p> <p>Are you warm? If yes move to Core Session if not repeat exercises again</p>
Core Session (30 mins)	<ol style="list-style-type: none"> 1. Run for 4 minutes at around 5k pace, rest for 1 min then turn around and 2. run back to the start for 4 mins. You should reach the same spot! Rest for 1 min then 3. turn around and repeat 1 and 2 3 more times
Cool Down (10 minutes)	<p>Slow jog home or march on spot</p> <p>Arm stretch, Shoulder stretch, back stretch, Side bends, forward bend, quad stretch, hamstring stretch, calf stretch, glute stretch, hip flexor stretch, child's pose, cat/cow stretch</p>
Variations	Additional/substitute stretches as you feel necessary
Notes	This can be done solo or in groups. You will separate out after the first interval if at different paces but should all meet back up every second effort.
Potential Hazards	Ensure enough space for activities. Please ensure social distancing rules and government guidance. If you have any Covid 19 symptoms please don't turn up to train.