



# CLAREMONT

## Training Plan

Session Title	Pacing Pyramid
Main Focus	Pacing – warm up, running, racing.
Location	Leazes Park lake or any similar sized circuit eg. Exhibition Park lake, City Stadium
Warm Up (10 mins)	Pre-run stretches of preference. The first lap is a warm up lap.
Core Session	<ol style="list-style-type: none"> <li>1. Pair up with another runner of the same pace and set off in opposite directions around the circuit at a gentle <b>warm up pace</b> aiming to cross at the halfway point and meet back at start.</li> <li>2. Then go again at normal <b>Monday night pace</b>, once again crossing at the halfway point.</li> <li>3. On the third time round go at <b>race pace</b> and aim to be the first of your pair to reach the halfway point and then to get back to start.</li> <li>4. Repeat step 2 and then step 1, aiming to cross at halfway point.</li> <li>5. Take a rest and maybe swap partners &amp;/or direction.</li> <li>6. Repeat the sequence – Steps 2, 3, 2, 1 or even – Steps 2, 3, 2, 3, 2, 1</li> <li>7. Rest, regroup and repeat, as agreed by group, always finishing on 1 ie. cool down</li> </ol>
Cool Down (Approx 10 minutes)	The final lap is a cool down lap followed by post-run stretches of choice.
Variations	Running solo – time yourself on first warm up lap and running lap. Run flat out on race pace lap and time yourself. Try to get exactly the same time for the repeated laps. When you repeat the pyramid try to beat your race pace time!
Notes	<p>Optional...</p> <p>Award appropriately wrapped chocolate coins/egg to the winner of the race pace steps. If running solo, reward yourself for matching times and beating yourself when 'racing'.</p>
Potential Hazards	<p>Other park users – maintain social distance. Particular care around fishing equipment.</p> <p>Obstruction by large birds eg. swans and geese – be aware of birds and give them space</p> <p>Slippery surfaces – assess surfaces depending on weather conditions on the day.</p>

## Maps

Start/finish



Halfway point