



CLAREMONT

Training Plan

Session Title	400m intervals
Main Focus	Speed and good running technique
Location	Baltic Square, Leazes Park, Town Moor (Exhibition Park), City Stadium
Warm Up (10-15 mins)	<p>1 or 1.5 mile/talking pace, hopefully done before arriving to band stand (or start location).</p> <p>About 30/50 metres each of: Forward knee lunge, backward knee lunge (make sure foot/knee is straight), high knees, butt kicks/heel flicks, sideways small star jumps, high knee skipping. Anything else you need to do to prevent injury. If required, fast strides for about 60 metres and walk back to repeat.</p>
Core Session (30-40 mins)	<ol style="list-style-type: none"> 1. Run 400 metres - not sprinting. 2. Recovery 400 metres jog talking pace, the last 20 metres can be at walking pace. This recovery jog is to be completed in 3 minutes. 3. Then repeat the above two. <p>If running the 400 metres interval takes you longer than 2 minutes i.e. more than 8 minute per mile, or the recovery jog is taking you longer, then just do 300 metres intervals instead of 400 metres intervals, or the nearest to 2 minutes maximum. Recovery time is the same as above, 3 minutes.</p> <p>Repetitions: Check your average mileage on Strava/Garmin, and of course how you feel. So exclude if you ran a recent half marathon, marathon, Ultra and consider having a rest instead.</p> <p>If you run:</p> <ol style="list-style-type: none"> 1. Under 30 miles per week, 4 x 400 with 4 x 400 jogs = 3200 metres. 2. Between 31-40 miles per week, 6 x 400 with 6 x 400 jogs = 4800 metres. 3. Between 41-50 miles per week, 8 x 400 with 8 x 400 jogs = 6400 metres. 4. Between 51-60 miles per week, 10 x 400 with 10 x 400 jogs = 8000 metres. 5. If you run more than 60 miles per week, email me back and I will give you an alternative session for your needs.
Cool Down (Approx 10 minutes)	Cool down jog for approximately 1 mile at talking pace
Variations	Vary the distance, eg 200m, 300m
Notes	
Potential Hazards	Maintain social distancing between group members and members of public. Follow club COVID guidelines (see sign up /track & trace spreadsheet)