



CLAREMONT

Training Plan

Session Title	Timed Pyramid Session
Main Focus	Speed endurance
Location	Anywhere
Warm Up (10-15 mins)	Slow jog for about 10 minutes Warm-up exercise for about 5 minutes – high knees, heel flicks, arm circles, skipping, sideways, hip rotations etc
Core Session (30-40 mins)	<p>Start with a faster run for 1-2 minutes, though not yet flat out (about 70%) to get fully ready for the efforts below.</p> <p>Note that where it says "sprint" below, try to go as hard as you think you will be able to, whilst maintaining a similar pace throughout. As there is, at most, 22 minutes of "effort", your 5K PB pace is probably about right.</p> <p>Up the pyramid: Sprint for 1 minute, 30 seconds rest Sprint for 2 minutes, 30 seconds rest Sprint for 3 minutes, 30 seconds rest Sprint for 5 minutes, 1 minute rest</p> <p>Down the pyramid: (Optional) Sprint for 5 minutes, 1 minute rest Sprint for 3 minutes, 30 seconds rest Sprint for 2 minutes, 30 seconds rest Sprint for 1 minute, 30 seconds rest</p>
Cool Down (Approx 10 minutes)	5 minute cool down slow jog Stretches - hip flexors, hamstring stretch, calf stretch etc
Variations	Change the timings, eg 1,2,3,4,5,4,3,2,1 minutes or have 4 minutes as the top of the pyramid. If you have less time, then 1,2,3,2,1 is still a good session!
Notes	
Potential Hazards	Maintain social distancing if applicable. Depending on location, take care with road crossings, other path users etc