



CLAREMONT

Training Plan

Session Title	200m sprints
Main Focus	Speed work
Location	East Quayside
Warm Up (16 mins)	Jog slowly from Sport Central to Millennium Bridge and just East of the Pitcher and Piano (10 mins) Warm-up exercises by the Bridge (4 mins) Whole group does course slowly together
Core Session (25 - 30 mins)	Form into groups roughly corresponding to Monday evening running packs, ie fast, medium, slow depending upon numbers/ Each group performs the following: <ul style="list-style-type: none"> • Sprint 200m • Re-group • Walk 100m • Jog 100m Repeat as time (or energy!) allows.
Cool Down (10 minutes)	Stretching and slow jog back to Sport Central
Variations	Can replace 200m with 400m sprints
Potential Hazards	Not suitable if paths are icy. Paths can sometimes be busy with other pedestrians or cyclists.

Maps

