



CLAREMONT

Training Plan

Session Title	Let's Count Lampposts (Fartlek)
Main Focus	Speed Work
Location	Tow Moor
Warm Up (15 – 17 mins)	<p>Jog slowly from Sport Central to Exhibition Park (9 mins)</p> <p><u>Summer</u> Warm-up exercises in Exhibition Park (4 mins) Slow jog together onto Moor (1 min) Warm-up interval at 80% to crossroads on Moor (1 min)</p> <p><u>Winter</u> Warm-up exercises in Exhibition Park (2 mins) First stretch on North Road to gate on the Moor (3 mins) Slow jog to parkrun gate 3; effort to crossroads (3 mins)</p>
Core Session (20 - 30 mins)	<p>Fartlek to and from centre of Moor for 15 to 20 minutes (Note 4 lampposts towards Grandstand Road gives a stretch of 18 lampposts to the 1st gate towards Claremont Road):</p> <p>2 lampposts fast, 2 lampposts slow 4 lampposts fast, 2 slow Back to 2 fast, 2 slow</p> <p>Effort from crossroads to parkrun gate 3. Slow jog to junction.</p> <p>Parlov in pairs (fastest with slowest etc) around paths to near Military Museum</p>
Cool Down (10 minutes)	<p>Slow jog back to Sport Central</p> <p>Encourage stretching</p>
Variations	<p>Vary number of lampposts for both effort and recovery</p> <p>Replace parlov with sprint relay or Indian File – path not lit so not suitable for parlov on dark nights</p>
Notes	<p>There are 16 lampposts from the crossroads to just before the fence. This works for 2x2 and 3x1; move 2 lampposts further back to make 18 which works for 2x1,4x2, 3x3, 6x3 etc</p>
Potential Hazards	<p>One major road to cross on warm-up jog to park.</p> <p>Not suitable for very cold, winter nights as the paths on the Moor get icy.</p> <p>Cannot do parlov on dark nights as the paths involved are not lit.</p> <p>Some people are scared of the cows!</p>

