



CLAREMONT

Training Plan

Session Title	Pyramid of Bridges
Main Focus	Speed work. Roughly based on a 400m, 800m and 1200m pyramid
Location	West Quayside (Cophorne Hotel)
Warm Up (15 mins)	Jog slowly from Sport Central to Millenium Bridge (9 mins) Warm-up exercises by the Bridge (4 mins) Warm-up interval at 80% to Swing Bridge (1 min) Slow jog to Cophorne (2 mins)
Core Session (30 mins)	There and back sprints where the group turns when the fastest reaches the designated turning point. The distances shown below are the distances run by the fastest runner. The start and finish is always the handicap start. First effort – Cophorne to Metro Bridge and back (480m) 30s recovery Second effort – Cophorne to King Edward VII Bridge and back (880m) 45s recovery Third effort – Cophorne to Redheugh Bridge and back (1290m) 60s recovery Come back down pyramid, ie 4 th effort is the same as 3 rd , 5 th the same as 2 nd and 6 th the same as 1 st . Recovery times may have to increase slightly on way down the pyramid! This gives 5.3K in total for fastest. If time permits, Indian File back to Millenium Bridge.
Cool Down (10 minutes)	Slow jog back to Sport Central Encourage stretching
Variations	Change warm-up stretch to Swing Bridge to Indian File.
Notes	This is quite an intensive session, and could be made much tougher if weather is poor, eg strong wind down the Tyne Valley.
Potential Hazards	Road crossings on warm-up, cool down route Can flood by the Cophorne after heavy rain Icy paths in winter

Maps

