



CLAREMONT

Training Plan

Session Title	Runners' Bootcamp
Main Focus	Strength and conditioning
Location	Baltic Square (Heaton Park or Exhibition Park in summer)
Warm Up (15 mins)	Steady group run to location. Slow running around in circle then the following exercises whilst moving with some exercises, eg high knees, heel flicks, side to side or step overs; arm rolls forward, arm rolls backwards, swing arms , lunges etc
Core Session (30 mins)	Six stations are set-up by the steps (if in Baltic Square), with a different exercise to be performed at each station. Exercises can be varied, but examples could be: Station 1: Bunny hops, walking lunges Station 2: Press ups, triceps dips, burpees Station 3: Squats, lunges, lunge kicks Station 4: Star jumps, high knees Station 5: Mountain climbers, sprint starts, squat thrusts Station 6: 360° lunges, heel raises, 360° jumps Runners to work in pairs of roughly equal ability. The pairs are spread across the stations for starting positions. One of each pair runs around the block (eg around the Baltic) whilst the other does 10 of each exercise at each station. When the runner returns, the roles are reversed. Each pair moves through all 6 stations if time allows. Final exercise for all – plank or squat
Cool Down (10 minutes)	Slow jog / walk in a circle then some stretching – hamstring stretches, arm stretches etc
Variations	Can introduce games, eg pairs play rock/scissors/stone with loser performing exercise. Fun races - bunny hops, duck walks etc
Notes	
Potential Hazards	Icy pavements Participants not performing exercises correctly etc