



# CLAREMONT

## Training Plan

Session Title	<b>Round and Round the Lake We Go</b>
Main Focus	Speed endurance
Location	Exhibition Park
Warm Up ( 15 mins)	<p>Slow jog to the bandstand in Exhibition Park</p> <p>Warm-up exercises by the bandstand (high knees, heel flicks etc)</p> <p>Stretch out at 80% around the tennis courts and to the Lake</p>
Core Session (30 mins)	<p>Working in pairs of roughly equal ability:</p> <ul style="list-style-type: none"> <li>• One member of each pair sets off around the lake running as quickly as they can</li> <li>• The other member sets off at a slow jog in the opposite direction</li> <li>• When the pair meet, the roles are reversed - the slow jogger becomes the sprinter and the sprinter becomes the slow jogger.</li> <li>• It is a good idea to change direction after a couple of circuits</li> <li>• Continue like this for 15 minutes or so</li> </ul> <p>Change to shorter sprints relays in groups of 3, using the straight path:</p> <ul style="list-style-type: none"> <li>• One member of each team positions themselves about 60-70m from the other two</li> <li>• One of the two sprints to the other one, who runs back to the 3<sup>rd</sup></li> <li>• The 3<sup>rd</sup> runner sprints to the 1<sup>st</sup> etc</li> <li>• Continue for about 5 minutes</li> </ul> <p>Finish with a parlov around the Lake – pair the fastest runner with the slowest etc and race for Mars Bars!</p>
Cool Down (10 minutes)	Slow jog back to Sport Central
Variations	
Notes	
Potential Hazards	<p>There is some traffic around the Lake since the Wylam Brewery opened, though it moves slowly and is infrequent.</p> <p>The path is not lit, so this can only be done on light nights.</p>

# Maps

