



CLAREMONT

Training Plan

Session Title	The Agony and the BBC
Main Focus	An agonising session of longer intervals
Location	This session is either for completing on the actual course or at another location. If it is another location, the session will be most accurately reproduced if you are mainly on the flat. In the instructions that follow, locations on the actual course are shown in italics.
Warm Up (15 mins)	<ol style="list-style-type: none">1. Jog to your starting point (<i>crossroads on Town Moor</i>)2. Warm-up exercises with some high knees, heel flicks, etcetera3. Run a warm up interval of approximately 750 metres (<i>from the starting point to Grandstand Road</i>)
Core Session (30 mins)	<ol style="list-style-type: none">1. Leave the Moor for your first core interval (<i>the junction of Grandstand Road and Kenton Road</i>), then run hard for 800 metres (<i>along Grandstand Road to the lights by the slip road down to the Central Motorway</i>).2. Find the starting point for your next interval (<i>the opposite side of the two slip roads, at the top of Claremont Road</i>). Run 800 metres out and run 800 metres back (<i>to the traffic lights opposite the BBC building and then back to your starting point</i>)3. Find a place where you have approximately 300 metres clear ahead of you, ideally downhill (<i>the top of Claremont Road</i>). Sprint the 300 metres (<i>to Hunters Road</i>).4. Finish by running an interval of about 600 metres (<i>enter the Moor from the entrance opposite Hunters Road, start the interval from the entrance gate, turn right at the central junction and finish at the entrance by the junction between Claremont Road and the Central Motorway</i>).
Cool Down (10 minutes)	Loosen off with some gentle jogging.
Variations	Only the fastest runners run the full 800 meters and 800 metres back on interval 2 of the core session, so you might consider shortening this distance accordingly.
Notes	For authenticity, you could shout 'Turn' at the turning point of interval 2 of the core session.
Potential Hazards	<p>If using the original course, be sure to check for traffic going into, or out of, a couple of small openings to the right on interval 3 of the core session.</p> <p>Be careful not to run interval 2 of the core session on the original course too close to 6.50 p.m. because you risk getting too close to Steve Harper or Lee Clarke discussing local football on Look North.</p>