



CLAREMONT

Training Plan

Session Title	Cats, Dogs and Nuns
Main Focus	Focus on pacing, building stamina and having fun while running.
Location	Claremont Road / Nun's Moor
Equipment	Coloured cones (for game at end)
Warm Up (10-15 mins)	Usual warm-up exercises Jog from Sports Centre to entrance to animal shelter on Claremont Rd. Instruct faster runners to loop back to back markers when they reach the shelter entrance.
Core Session (30-40 mins)	<p>It consists of 3 main sections – a hill pyramid at the top of Claremont Road, near the Dog and Cat Shelter, short lamp post intervals and then long intervals on Nuns' Moor. It finished in Nuns' Moor Park with a fun activity depending on season...</p> <ol style="list-style-type: none"> 1. Run up the hill from the blue 'One Way' sign to the large green sign, turn and jog back down, past the blue sign to next lamppost, turn, run up to green sign, turn, jog down to second lamppost, run up to green sign, turn, jog down to third lamppost. Now come down the pyramid i.e. second lamppost, first lamppost, blue sign. Repeat for 10 minutes – fastest runners will start on a second pyramid while others will not finish the first. Re-group at the top by big green sign. 2. Cross the road to Nuns' Moor gate using pedestrian lights. Use the lampposts to jog (recovery), run (Monday night run pace), sprint (flat out), repeat to end of path. Fastest runners turn and repeat to meet up with other runners. 3. Turn right to face along path towards Cowgate. Use jog, run, sprint along this path, changing pace at each piece of street furniture on the right hand side (benches, electric box) turn at gate at top. Leader needs to monitor to progress and direct runners when to turn as they approach time limit (usually 10 mins.) 4. Re-group at path junction and head over towards Nuns' Moor Park – the gateway on the direct route can be very muddy and worse depending on weather and cows. 5. If it's dark use the lantern walk to jog and star jump to main road. If it's light head to bowling green (beyond the bike garden) for some kind of game eg. Dead or Alive (coloured cones needed), Under and Over (balls or beanbags needed) or similar.
Cool Down (Approx 10 minutes)	Jog back to Sports Centre via BBC junction, taking care in crossing. Stretches
Variations	See point 5 above. Could also change game to anything that is fun.
Potential Hazards	Road crossings, icy paths in winter. Once the lights were off in the park!