



W/C	Tuesday Speedwork	Thursday Run	Races / Events
3/7/23	<b>GLCL Race 2 of 4</b> 7:30pm Olive Tree Cwmbran 5.4miles +150ft Mainly tarmac with some grass sections.	<b>6-8 miles hilly</b> Ease into this run if your legs are fatigued from Tuesday. Let the hills dictate your pace, working harder in the middle portion of the run. Last mile easy	<a href="#"><u>6/7 Tintern Trot</u></a>
10/7/23	<b>Kenyan Hills:</b> 3x 8mins / 2min Rest Keep a consistent <b>tempo effort</b> during the reps, pushing on the ups and the downs.	<b>6-8 miles flat</b> Can run at an <b>easy</b> or <b>steady</b> effort. Don't push if you're racing on the weekend though. Finish with <b>4x15sec strides</b> .	<a href="#"><u>11/7 Rose Inn#3</u></a>  <a href="#"><u>16/7 Mick Morris 10k</u></a>
17/7/23	<b>Mona Fartlek: 20min alternating</b> <b>5k / steady</b> pace 2x 90" / 90" 4x 60" / 60" 4x 30" / 30" 4x 15" / 15"	<b>Split tempo - 7 miles total</b> <b>1mi easy, 2mi tempo, 1mi easy, 2mi tempo, 1mi easy</b> Run to effort rather than pace. Aim for around HM - 10k effort for the tempo blocks. Start and finish easy.	<a href="#"><u>23/7 Age Grader 5mi Oldbury</u></a>
24/7/23	<b>Naked Rugby 400s</b> 10x 400m(ish) / 60sec recovery Run the rugby pitch reps to feel, not to watch pace.	<b>Social Trail Run ~1hr</b>  Take it easy, enjoy the trails and a drink afterwards.	<a href="#"><u>26/7 Sorbrook 10k</u></a>  <a href="#"><u>29/7 Magor 10k</u></a>

**\*Club championship race**

**Pace and effort explanations:**

**Easy:** You can easily hold a conversation at this pace. Jogging between reps is even slower.

**Steady / Uptempo:** Around 70-75% of max. heart rate. Working a little but still comfortable. Marathon race pace would be on the faster end of this range.

**Threshold:** Roughly the maximum pace you could sustain for 1 hour in a race. Gets less comfortable with time and talking is limited to bursts of a few words.

**Interval pace:** This will be specific to the particular session you are running but will typically be faster than threshold pace, for example around 5k race effort.

**Strides:** Fast bursts of 10 - 20 seconds at about 90-95% of your flat out sprint. Designed to get the muscles firing and help improve your stride efficiency. Give yourself at least 40 seconds to a 1 min recovery between each stride.

**Warm up and cool down will be a minimum of 10 mins each.**