W/C	Tuesday Speedwork	Thursday Run	Races / Events
3/4/23	**Hills: 3x (5x 45sec / jog down) 1 min rest between sets** Fast hills on a shallower gradient at the train station. Maintain good form and work hard in the reps. Plenty of recovery to remain consistent through all 15 reps.	**Tempo Blocks:** -1.5 miles easy to warm up -2miles at threshold -0.5mile easy -2miles at threshold -1 mile easy cool down. (7miles total)	
10/4/23	**Mona Fartlek: 20min alternating 5k / steady pace 2x 90" / 90" 4x 60" / 60" 4x 30" / 30" 4x 15" / 15"**	**6-8 miles** Keep things easy if you're racing on the weekend. If not then you can run the middle 3-4 miles at around half marathon effort.	**16/4 Kymin Dash*** **16/4 Newport Marathon / 10k**
17/4/23	**"Straight mile" Intervals: 2x (5'/2'), 2x (3'/90"), 2x (2'/1')** 5min reps at around 10k effort, getting faster as the reps shorten. Do each pair of intervals out and back to stay together.	**Trail run ~ 1 hour** Work together in groups, letting the terrain dictate your pace.	**23/4 London Marathon**
24/4/23	**Intervals: 10x 90sec / 60 sec recovery** Aim for around 5k effort with the goal of speeding up slightly in the second half of the workout	**Social Run 5miles** Chatty paced easy miles today. Finish off with **6x15 sec strides at around 5k pace** if you're racing on the weekend.	**29/4 Steam Bunny Stomp** **30/4 Race For Victory 5k***

*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.