



W/C	Tuesday Speedwork	Thursday Run	Races / Events
29/5/23		6-8 miles Easy paced flat run.	4/6 Rack Raid Relay
5/6/23	GLCL Race 2: Penallta 4.6miles +400ft - 2 hilly laps, very fast finish - Mix of tarmac and gravel.	6-8 miles Undulating Take this pretty easy if you raced Tuesday night. No need to push too hard especially if also racing on the weekend.	6/6 GLCL #2 10-11/6 Castles Relay 11/6 Swansea HM
12/6/23	Train Station Hill Reps: 10x 40sec / jog down 10x 20sec / walk down Lots of reps, so concentrate on maintaining your form. The shorter reps are faster.	6-8 miles Hilly Once you've warmed up you can push on the uphill and recover on the downs unless racing Saturday, in which case take it easy.	13/6 Rose Inn 14/5 Caerleon 5 17/6 Coity Fell Race*
19/6/23	Paarlauf Relay Session Speedwork in pairs. One runs while the other recovers.	1hr Negative Split Run out for 31mins at a steady pace, turn and pick up the pace trying to get back to the start under the hour.	21/6 SSAFA 5k #2
26/6/23	Canal Fartlek 32mins: 8x (2min hard / 2min easy) Hard efforts between 5-10k pace, easy efforts normal easy run pace.	Social Trail Run ~ 1hour Conversational effort on the local trails.	29/6 Thornbury 10k*

***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.