

Training Plan



March 2024

W/C	Tuesday Workout	Thursday Run	Races / Events
04/03/2024	<p>Kenyan hills</p> <p>3 x 7 mins / 2 mins rest. Consistent effort up and down, maintaining it throughout the session.</p> <p>With Toby</p>	<p>6-8 miles flat</p> <p>Easy run especially if you are racing XC at the weekend.</p>	<p><u>10/3 GLCL XC - Parc Bryn Bach</u> <u>10/3 San Dominico 10 & 20 miler</u></p>
11/03/2024	<p>400's</p> <p>10 x 400m / 60sec rest At 5k effort, pace this well to keep reps consistent.</p> <p>With Maria</p>	<p>1 hour negative split run</p> <p>Steady 31mins out, increasing the effort to get back in 29 minutes. Keep the pace easy if your racing at the weekend.</p>	<p><u>17/3 Bath Half Marathon*</u> <u>17/3 Great Welsh Half/Full Marathon</u> <u>17/3 Merthyr Half</u></p>
18/03/2024	<p>Intervals</p> <p>3 x 2mins hard / 2min rest 3 x 90secs hard / 90secs rest 3 x 1min hard / 1min rest Increasing pace as reps get shorter.</p> <p>With Nic</p>	<p>6-8 miles undulating</p> <p>Start and finish the run with an easy mile, run the middle section at tempo pace.</p>	<p><u>23/3 Llanbebr to Blaenavon Fell Race</u> <u>24/3 Forest of Dean Spring Half</u></p>
25/03/2024	<p>Long interval Fartlek</p> <p>3 x 8 mins hard/2 mins easy Start at 10k pace, increasing effort with each rep.</p> <p>With Toby.</p>	<p>Social run 5-6 miles</p> <p>Chatty easy run starting and finishing at the pub.</p>	<p><u>29/3 Cardiff Taff Trail Road Race</u> <u>30/3 club handicap 5k Time Trial*</u></p>

***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.