

## Training Plan



October 2023

W/C	Tuesday Speedwork	Thursday Run	Races / Events
2/10/23	<b>Train Station Hills:</b> 10x <b>1min</b> / <b>jog down</b> 6x <b>30sec</b> / <b>walk down</b> Controlled effort for the 1mins, faster for the 30sec reps.	<b>6-8 miles hilly</b>  Start and finish the run at an <b>easy effort</b> . Work harder <b>up the hills</b> using the <b>downs to recover</b> .	<b>8/10 Chicago Marathon</b>  <b>8/10 Chester Marathon</b>
9/10/23	<b>Intervals:</b> 8 - 10x <b>2mins</b> / <b>2mins rec</b>  Fast reps with Maria	<b>6 miles progressive or easy:</b> Smoothly progress from <b>easy</b> to <b>10k</b> effort over 5miles, easy last mile to cool down. <b>If you are racing XC on Saturday, make this an easy run!</b>	<b>14/10 Gwent League XC Pembrey</b>  <b>15/10 Bath HM</b>
16/10/23	<b>XC intervals:</b> 3x <b>8mins</b> / <b>2min rest</b> Reps at around XC race effort on a grass loop.	<b>6-8 miles flat w/ 4x 15sec strides to finish</b> Relaxed pace for the run ahead of XC. Finish with some quality strides to get the legs firing.	<b>22/10 GLCL XC Chepstow</b>
23/10/23	<b>Decreasing Intervals:</b> 2x <b>2min</b> , 2x <b>90sec</b> , 2x <b>1min</b> , 4x <b>30sec</b> <b>Recovery = preceding rep</b> Pace increases as the reps shorten	<b>Social run 4-6miles</b> Run as you feel and have catch up with your club mates. Definitely go shorter and keep it easy if your running the marathon!	<b>28/10 Snowdonia Marathon Eryri</b>
30/10/23	<b>Mona Fartlek: 20min alternating</b> 5k / <b>steady</b> pace 2x <b>90"</b> / <b>90"</b> 4x <b>60"</b> / <b>60"</b> 4x <b>30"</b> / <b>30"</b> 4x <b>15"</b> / <b>15"</b>		<b>5/11 Twmbarlwm Terror*</b>  <b>5/11 Richard Burton 10k</b>

### \*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.**