

Training Plan



September 2023

W/C	Tuesday Speedwork	Thursday Run	Races
04/09/2023	Pyramid Intervals - Ricci 2x 200/400/600/600/400/200 30/60 secs between reps, 2 mins between sets.	Flat 6-8 Miles Easy paced flat run.	10/9 Ilantwit Major 10k 10/9 Castle to Castle
11/09/2023	Off Road Kenyan Hills - Maria 3 x 7 mins, 3 mins recovery	6-8 Miles Undulating No need to push too hard, especially if you are racing at the weekend.	17/9 Swansea Bay 10k * 17/9 Oldbury 10
18/09/2023	30 Minute Fartlek - Toby 15 x 1 min hard, 1 min easy	1 Hour Negative Split run Run out at a steady effort for 31 mins Turn and run back to the start harder, trying to finish under the hour.	24/9 Llanelli Half
25/09/2023	Race Tune Up - TBC -1Mile @ 10k effort -3min rest -6x1min hard / 1min rest -4x 30sec hard / 30 sec	Social Run 5-6 Miles Take this nice and easy if you are running on Sunday.	1/10 Cardiff Half *

***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.