



W/C	Tuesday Workout	Thursday Run	Races / Events
1/9/2025	<p>350m reps</p> <p>12-14 x 300m effort followed by 50m sprint finish.</p> <p>Efforts at around 5k pace with sprints faster. Walk recovery between reps.</p> <p>With Sammi</p>	<p>6-8 miles undulating</p> <p>Push hard up the hills, using the downhills to recover. Take this easy if you are racing at the weekend.</p>	<p>6/9 Coity Fell Race*</p> <p>7/9 Blaenavon Heritage 5 miler</p> <p>7/9 Cardiff 10k*</p>
8/9/2025	<p>Train station hill reps</p> <p>10 x 1 min effort up / jog recovery</p> <p>6 x 30 sec up / jog recovery</p> <p>Aim to keep the reps consistent with harder effort in the shorter reps.</p> <p>With Toby</p>	<p>1 Hour negative split</p> <p>Out and back turning at 31 minutes and aiming to get back to the start in 29 mins.</p>	<p>14/9 Castle to Castle*</p> <p>14/9 Swansea Bay 10k*</p> <p>Worcester 10k*</p>
15/9/2025	<p>Tempo and intervals</p> <p>10 mins tempo</p> <p>6 x 1min effort / 1min recovery</p> <p>10 mins tempo</p> <p>Tempo effort 10k-HM pace, 1 min efforts at 5k pace or faster.</p> <p>With Toby</p>	<p>5-6 mile social run</p> <p>Easy run starting and finishing at the pub.</p>	
22/9/2025	<p>Mona Fartlek</p> <p>2x 90sec / 90sec</p> <p>4x 60sec / 60sec</p> <p>4x 30sec / 30sec</p> <p>4x 15sec / 15sec</p> <p>20mins of work alternating between 5k pace and steady running.</p> <p>With Maria</p>	<p>Club Handicap Race - Round 4*</p> <p>The final 4.4 mile out and back time trial starting and ending at The Little Crown.</p> <p>**If you haven't run any of the previous 3 time trials and want to do this one please let Sammi know via the club FB page.</p>	<p>28/9 Black Nore 10k</p>
29/9/2025	<p>Joint session with Fairwater Runners</p> <p>Session TBA</p>		<p>5/10 Cardiff Half*</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.