

Training Plan



April 2025

W/C	Tuesday Workout	Thursday Run	Races / Events
31/3/2025	<p>Track Session - Oakdale NP12 ONA - 7pm start</p> <p>6 x 800m / 2 min recovery</p> <p>With Maria</p>	<p>6-8 mile flat</p> <p>Easy flat miles to start the month.</p>	<p>2/4 Hereford Couriers 5k #1</p> <p>6/4 Kymin Dash*</p>
7/4/2025	<p>5k Improvement Fartlek</p> <p>8 Mins 5k effort / 4 min rest 4 x 4 mins 10k effort / 2 mins rest 8 mins 5k effort</p> <p>With Ricci</p>	<p>1 hr negative split</p> <p>Starting at the basin, run 31 mins out along the canal, turn round and get back in 29 mins. Do this as an easy run if you are racing at the weekend.</p>	<p>13/4 Newport Marathon/Half/10k*</p>
14/4/2025	<p>Decreasing intervals</p> <p>3 x 3 min / 90 sec 3 x 2 min / 60 sec 3 x 1 min / 30 sec</p> <p>Increasing pace as reps shorten.</p> <p>With Toby</p>	<p>6-8 miles hilly</p> <p>Push hard up the hills and use the decent as recovery.</p>	<p>21/4 Gilwern Grunt</p>
21/4/2025	<p>40 mins Pyramid</p> <p>200, 400, 600, 600, 400, 200mtr / 1 min rest between reps, 2 mins rest between sets</p> <p>Aim for 5k effort and as many reps as you can in the time.</p> <p>With Nic</p>	<p>Club Handicap Race - Round 2*</p> <p>4.4 mile out and back time trial starting and ending at The Little Crown.</p>	<p>27/4 London Marathon</p> <p>27/4 Manchester Marathon</p> <p>27/4 Bluebell Blunder*</p>
28/4/2025	<p>The Moaning Mile*</p> <p>1 mile uphill effort</p> <p>Great for practicing your flog and blinding as well and your hill technique.</p>		<p>1/5 Rose Inn Relays</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.