



W/C	Tuesday Workout	Thursday Run	Races / Events
01/07/2024	<p>GLCL Road Race 4 - Pontypool</p> <p>New location for the clubs GLCL road race in lovely Blaenavon. 5.3 mile hilly course with some off road as well.</p>	<p>6-8 miles hilly</p> <p>Build in this run, letting the hills dictate your pace. Use the first and last miles as a warm up and cool down.</p>	<p>6/7 Hereford Couriers Summer Sizzler 10k*</p> <p>7/7 Viaduct Run</p> <p>7/7 Porthcawl 10k*</p>
08/07/2024	<p>Race tune up</p> <p>2x 2min, 2x 90 sec, 2x 1min, 2x 30 sec - all at 5k effort. Recovery = Rep</p> <p>Short efforts in preparation for Sundays Mic Morris 10k.</p> <p>With Toby</p>	<p>6-8 miles flat</p> <p>A nice easy flat run, especially if you are racing again on the weekend.</p>	<p>9/7 Rose Inn race 3*</p> <p>14/7 Mic Morris 10k*</p>
15/7/2024	<p>Kenyan Hills</p> <p>3x 8mins / 2min rest Keeping a consistent tempo effort throughout the reps.</p> <p>With Toby</p>	<p>1 hour negative split</p> <p>Running at steady effort out for 31 minutes, speeding up to tempo on the way back for 29.</p>	<p>21/7 Wye Valley Tunnel Run</p>
22/7/2024	<p>Ade's Favourite</p> <p>6x 2min hard / 2 min rest Keeping the efforts consistent with good recovery.</p> <p>With Toby</p>	<p>Social trail run</p> <p>Easy run on local trails, finishing at the pub for drink.</p>	<p>28/7 Magor 10k*</p>
29/7/2024	<p>Big step reps</p> <p>Efforts up with downhill recoveries.</p> <p>With Nic</p>		<p>1/8 Rose Inn Relays</p> <p>2/8 Murder Mile</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.