

Training Plan



May 2024

W/C	Tuesday Workout	Thursday Run	Races / Events
29/04/2024		6-8 miles hilly Start and finish at an easy effort. Push on the climbs.	5/5 Sirhowy Challenge* 5/5 Race for Victory Cardiff
06/05/2024	GLCL Road race 1 - Chepstow Out and back over the Severn Bridge, starting and ending on the English side. Approx 5miles.	6-8 miles. Keep the pace nice and easy if you raced on Tuesday, or if you are racing at the weekend.	12/5 Caerphilly 10k*
13/05/2024	Out and back canal reps 6x90 sec hard/60sec recovery out Tempo back to the start. Efforts out quicker than 5k pace. Effort back 5k pace. With Maria.	7 mile tempo Run first and last mile easy to warm up, the middle 5 run at tempo pace.	14/5 Rose Inn race 1* 19/5 Cardiff Bay 10k* 19/5 Great Bristol Half
20/05/2024	GLCL road race 2 - Fairwater Cwmbran GLCL course. Approx. 5 1/2 miles with 144ft of elevation. Great course with a nice fast finish.	8 miles flat. Easy paced run if you raced on Tuesday. Push a bit harder if you didn't.	22/5 SSAFA 5k road race 1 23/5 Fountain 5 26/5 Treforest 10k
27/05/2024	Jo Pavey's Speed Hills 5x1min, 5x45sec, 3x30sec, 1x3min uphill with jog recovery. 3mins rest between sets Last 3min rep, accelerating for last 30secs. With Nic.	Social run - 5 to 6 miles. Easy chatty run starting and finishing at the pub with a pint (or drink of your choice).	2/6 Rack Raid

*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.