



W/C	Tuesday Workout	Thursday Run	Races / Events
<b>28/4/2025</b>		<b>6-8 miles flat</b> A nice <b>easy</b> run to start the month.	<a href="#">1/5 Rose Inn Relays</a> <a href="#">4/5 Sir How Challenge</a> <a href="#">4/5 Cardiff Race for Victory*</a>
<b>5/5/2024</b>	<b>GLCL - Chepstow*</b> Approx. 8k over the Severn Bridge and back (starting and finishing on the English side of the river)	<b>GLCL Pontypool recce</b> A trip to the wilds of Blaenavon to recce the route for the Pontypool GLCL later in the month.	<a href="#">6/5 Llanfrynach 3 Mile*</a> <a href="#">5/5 Devauden Races</a> <a href="#">11/5 Bristol Half</a> <a href="#">11/5 Caerphilly 10k*</a>
<b>12/5/2024</b>	<b>Rugby pitch 400's</b> <b>6-8 400m / 60 sec recovery</b> Aim to run the efforts at 5k pace keeping them consistent throughout the session, static recovery. <b>With Toby/Maria</b>	<b>6-8 mile's undulating</b> Take this <b>easy</b> if you raced Rose Inn on Tuesday.	<a href="#">13/5 Rose Inn Race 1*</a>
<b>19/5/25</b>	<b>GLCL - Pontypool</b> 5.4 miles with approx. 450ft of elevation. Starting and finishing at the Blaenavon Heritage Railway.	<b>7 miles easy or 1 mile tempo reps</b> Choice between an <b>easy</b> run or 7 miles 1mile on/1mile off - ons between <b>HM and 10k pace</b> .	<a href="#">20/5 Llanfrynach 4 Mile*</a> <a href="#">25/5 Crocodile 8</a>
<b>26/5/27</b>	<b>Canal bridge Fartlek</b> 40mins out and back along the canal alternating between <b>hard</b> and <b>easy</b> effort between bridges. <b>With Nic</b>	<b>Club Handicap Race - Round 2*</b> 4.4 mile out and back time trial starting and ending at The Little Crown.	<a href="#">1/6 Rack Raid</a>

\*Club championship race

**Pace and effort explanations:**

**Easy:** You can easily hold a conversation at this pace. Jogging between reps is even slower.

**Steady / Utempo:** 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.**