

Training Plan



March 2025

W/C	Tuesday Workout	Thursday Run	Races / Events
3/3/2025	<p>Pyramid Track Session - Oakdale NP12 0NA - 7pm start</p> <p>1min effort / 1min recovery 2min / 90secs 3min / 90secs 4min / 2min 4min / 2min 3min / 90secs 2min / 90secs 1min / 1min</p> <p>With Maria.</p>	<p>6-8 Mile Hilly</p> <p>If you feel good, push harder on the climbs and use the decent to recover. Take it easy if you are running XC on Sunday</p>	<p>9/3 GLCL XC - Griffithstown</p>
10/3/2025	<p>Intervals</p> <p>10 x 2min effort/1min recovery</p> <p>Aim to run the efforts at 5k pace, keeping the reps consistent throughout the session. Walk recovery.</p> <p>With Nic</p>	<p>6-8 miles flat</p> <p>Option to run the middle miles at a Tempo effort, using first and last as a warm up and cool down.</p>	<p>16/3 Great Welsh Marathon & Half</p> <p>16/3 Merthyr Half</p> <p>16/3 Bath Half*</p>
17/3/2025	<p>Hill sprints</p> <p>10-12 x 30sec hill sprints Walk back recovery</p> <p>Short steep hill sprints to build strength, speed and power.</p> <p>With Nic</p>	<p>6-8 mile progression</p> <p>Start off easy, building the pace each mile to an uptempo effort (around 10k pace). Use the last mile as a cool down.</p>	<p>23/3 Fission 20 & Half</p> <p>23/3 Forest of Dean Spring Half</p>
24/3/2025	<p>Long Intervals</p> <p>5 x 6min / 2min recovery</p> <p>Efforts at 5-10k pace, static recovery. Try and maintain the same pace for each rep.</p> <p>With Toby</p>	<p>5-6 mile social run</p> <p>Easy run starting and finishing at the pub.</p>	<p>29/3 Club Handicap Race*</p> <p>30/3 Gloucester HM & 10k</p> <p>30/3 San Dominico 20/10</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.