



W/C	Tuesday Workout	Thursday Run	Races / Events
31/12/2024		<p>6 miles easy</p> <p>Easy paced run before the inevitable quagmire that awaits on Sunday.</p>	<p><a href="#">31/12 Nos Galan 5k</a></p> <p><a href="#">5/1 GLCL XC - Monmouth</a></p>
6/1/2024	<p>Track Session - Oakdale NP12 0NA - 7pm start</p> <p>Session TBC</p> <p>With Maria.</p>	<p>6-8 Miles Hilly</p> <p>Push <b>hard</b> on the ups and use the downs to <b>recover</b>.</p>	<p><a href="#">12/1 Riverbank Rollick</a></p>
13/1/2024	<p>Tempo intervals</p> <p>3 x 10 min / 3 min recovery</p> <p>Efforts at HM to 10k pace, jog recoveries.</p> <p>With Toby</p>	<p>6-8 miles flat</p> <p>Keep the effort <b>easy</b> if you are racing at the weekend.</p>	<p><a href="#">19/1 Lliswerry 8</a></p> <p><a href="#">19/1 Kymin Winter Race</a></p>
20/1/2024	<p>800's</p> <p>6 x 800m / 2 min recovery</p> <p>Aim for efforts to be around <b>5k pace</b> and consistent throughout the session.</p> <p>with Nic</p>	<p>1 hour negative split</p> <p>Run out at a <b>steady</b> pace, turn back at 31 minutes.</p> <p><b>Increase the pace</b> and aim to get Back within the hour.</p>	<p><a href="#">26/1 Longleat 10k*</a></p> <p><a href="#">26/1 Chepstow Running Festival</a></p>
27/1/2024	<p>Hill Rep Pyramid</p> <p>3x (15,30,45,60,45,30,15 sec)</p> <p>Jog down recovery between reps.</p> <p>2 mins rest between sets.</p> <p>Try to keep effort consistent.</p> <p>With Toby.</p>	<p>5-6 mile social run</p> <p>Easy run starting and finishing at the pub.</p>	<p><a href="#">2/2 GLCL XC - Parc Bryn Bach</a></p> <p><a href="#">2/2 Doynton Hard Half</a></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.