



W/C	Tuesday Workout	Thursday Run	Races / Events
2/9/2024	<p>Track Session - Oakdale NP12 0NA - 7pm start</p> <p>10-12 x 300m / 60 secs recovery.</p> <p>Efforts at 5k pace on the track.</p> <p>With Maria.</p>	<p>Llandegfedd Loop</p> <p>Undulating 6 mile lap of Llandegfedd Reservoir, on trails and road.</p>	<p>8/9 Blaenafon Heritage 5 Mile</p>
9/9/2024	<p>35 min Fartlek</p> <p>5 x 5 mins effort / 2 mins easy.</p> <p>Consistant running with efforts 5-10k pace.</p> <p>With Nic.</p>	<p>Trail run on the Bloreng</p> <p>Choice of routes, ending in a swim in Keepers pond if your brave enough! Keep the pace easy if you are racing at the weekend.</p>	<p>15/9 Worcester Halm Marathon and 10k*</p> <p>15/9 Swansea Bay 10k*</p>
16/9/2024	<p>Progressive intervals</p> <p>3 x 3 min, 3 x 2min, 3 x 1 min . Rep = Recovery.</p> <p>Start session at 5-10k effort, increasing paces as reps shorten. Walk recoveries.</p> <p>With Toby.</p>	<p>6-8 mile flat</p> <p>Use first and last miles as warm up / cool down. Middle miles at tempo effort making the most of the flat route.</p>	<p>22/9 Oldbury 10</p>
23/9/2024	<p>Off Road Kenyn Hills</p> <p>3 x 8 mins / 3 mins recovery.</p> <p>Consistant effort with primary focus on running downhill.</p> <p>With Nic.</p>	<p>5-7 mile social run</p> <p>End of month easy social run finishing with a drink at the pub.</p>	<p>29/9 Black Nore 10k*</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.