

Training Plan



December 2023

W/C	Tuesday Workout	Thursday Run	Races / Events
4/12/23	Intervals: 5x 1km / 2min 30sec recovery Efforts at 5-10k pace. With Nic.	6-8 miles flat Keep this easy if you are racing the Festive Five tomorrow.	8/12: Festive 5 10/12: Pudding Race
11/12/23	30min Fartlek: 15x 1min hard / 1min easy Hard efforts at around 5k pace. easy efforts at normal easy run pace. With Toby.	Progression run 7miles total: Start off at an easy pace smoothly increasing the effort to around 10k pace in mile 6, then 1 mile easy to cool down.	12/12 AGM at 8.00pm
18/12/23	Kenyan Hills: 3x 7mins / 2min recovery Consistent tempo effort for the uphill and downhill throughout. With Maria.	Festive Social Run 5 miles Easy jog around the seasonal illuminations, finishing in the pub.	
25/12/23		6-8 miles hilly Start and finish the run with an easy mile. Push harder in the middle.	26/12 Griff Boxing day run 31/12 Nos Galan 5k

***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.