



W/C	Tuesday Workout	Thursday Run	Races / Events
30/10/23		<b>5-7 miles hilly</b> Start and finish the run at an <b>easy effort</b> . Work harder <b>up the hills</b> and use the <b>downs to recover</b> . But keep the whole run easy if racing on the weekend.	<b>2/11:</b> Severn Bridge Night Race <b>5/11:</b> Twmbarlwm Terror* <b>5/11:</b> Richard Burton 10k
6/11/23	<b>25min Fartlek:</b> <b>10x 75sec / 75sec</b> Alternating between hard and easy running for a 25minute workout.	<b>6-8 miles flat:</b> Start and finish the run at an easy pace. Add some <b>tempo miles</b> in the middle portion of the run. <b>If you are racing XC on Saturday, keep the effort easy throughout.</b>	<b>11/11:</b> Gwent League XC - Llandaff Fields, Cardiff
13/11/23	<b>Tempo intervals:</b> <b>3x 8mins / 2min recovery</b> Longer tempo intervals working towards 10k effort as the workout progresses.	<b>1hr Negative Split:</b> Run out at a <b>steady pace</b> , turn at 31mins and run back progressing to a <b>tempo pace</b> aiming to get back to set start in less than 60mins.	<b>16/11:</b> Severn Bridge Night Race
20/11/23	<b>Hill Rep Pyramid:</b> <b>3x (15,30,45,60,45,30,15 sec)</b> <b>Jog down rec between reps</b> <b>3min rest between sets</b> Pace this carefully.	<b>Social run 4-6 miles</b> Easy chatty miles with you club mates before a weekend of racing.	<b>25/11:</b> Elan Valley 10mi* <b>26/11:</b> GLCL XC - Caerleon
27/11/23	<b>400m Repeats:</b> <b>12x (400m / 60sec recovery)</b> Aim for 5k pace to start with, progressing the effort through the workout.		<b>2/12:</b> Gwent League XC - Blaise Castle

**\*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.**