



W/C	Tuesday Speedwork	Thursday Run	Races / Events
1/5/23	GLCL #1: Parc Bryn Bach -7.30pm -5.1miles +300ft	6 miles Easy paced flat run. Finish with 6x15sec strides back at the park.	<u>7/5 Sirhowy Challenge</u>
8/5/23	Hills: 12x 1min / jog down recovery Simple session, focussing on good form and consistent reps. Very easy jog down to recover.	6-8 miles hilly Hilly route. Once warmed up you can push on the flat and uphill sections, using the downs to recover. Run the last mile easy.	<u>9/5 Rose Inn #1</u> <u>14/5 Caerphilly 10k</u>
15/5/23	30min Fartlek: 15x 1min hard / 1 min easy Hard efforts at around 5-10k pace. Easy efforts are normal easy run pace.	Progression run 7miles total Start off at an easy pace smoothly increasing the effort to around 10k pace in mile 6, then 1mile easy to cool down.	
22/5/23	Kenyan Hills: 3x 8mins / 2min rest Consistent tempo effort for the uphills and downhills throughout.	Social Trail Run ~ 1hour Conversational effort on the local trails.	<u>28/5 Treforest 10k</u>
29/5/23	Decreasing Intervals: 4x 90sec 4x 60sec 4x 30sec Rest = rep Start at 5k effort and progress the pace as the reps shorten.		<u>4/6 Rack Raid Relay</u>

Club championship race: Best Pontypool parkrun in May.

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.