



W/C	Tuesday Workout	Thursday Run	Races / Events
01/04/2024	<p><b>Mona Fartlek</b></p> <p>2x 90sec / 90sec 4x 60sec / 60sec 4x 30sec / 30sec 4x 15sec / 15sec</p> <p>20mins of work alternating between 5k pace and steady running.</p> <p><b>With Toby</b></p>	<p><b>Progression run</b></p> <p>7 Miles flat</p> <p>Start with the first mile easy, picking up the effort each mile to finish strong at around 5k pace.</p>	<p><a href="#">6/4 Club 5k Handicap at Pontypool Parkrun*</a></p> <p><a href="#">7/4 London Landmarks Half Marathon</a></p>
08/04/2024	<p><b>Short intervals</b></p> <p>5x 2min / 90sec Recovery 5x 1min / 30 sec Recovery</p> <p>2min at 5k pace. 1min at 1mile pace.</p> <p><b>With Maria</b></p>	<p><b>6-8 mile's undulating</b></p> <p>Keep this at a nice easy pace if your running the Kymin Dash at the weekend.</p>	<p><a href="#">11/4 Severn Bridge Twilight Race</a></p> <p><a href="#">14/4 Kymin Dash*</a></p>
15/04/2024	<p><b>Marisa's Moaning Mile*</b></p> <p>A 1 mile uphill time trial (named in honour of the clubs happiest hill runner).</p>	<p><b>8 miles trail run</b></p> <p>Making the most of the light evenings and the local trails.</p>	<p><a href="#">21/4 Hospice of the Valleys 6 Mile race</a></p> <p><a href="#">21/4 London Marathon</a></p>
22/04/2024	<p><b>Long intervals</b></p> <p>3x10min effort / 3min rest.</p> <p>Pace this well, starting with 10k effort and increasing the pace through the reps.</p> <p><b>With Toby</b></p>	<p><b>Social run 5-6 miles</b></p> <p>Usual end of the month run starting and ending at a pub giving everyone the chance for a drink after they've got lost.</p>	<p><a href="#">27/4 Steam Bunny</a></p> <p><a href="#">28/4 Newport Marathon / 10k*</a></p> <p><a href="#">28/4 Bluebell Blunder*</a></p>
29/04/2024	<p><b>Circuits</b></p> <p>A combination of running intervals and bodyweight exercises.</p> <p><b>With Nic</b></p>		<p><a href="#">5/5 Sir Howey Challenge*</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.**