

Training Plan



August 2023

| W/C | Tuesday Speedwork | Thursday Run | Races / Events |
|---------|--|---|---|
| 31/7/23 | GLCL Race 3 of 4 7:30pm Pontypool 6 miles +350ft Home run route. | 5-7 miles easy Ease into this run if your legs are fatigued from Tuesday. And keep it shorter and gentle if you're racing tomorrow night. | 1/8 GLCL 3 4/8 Murder Mile* |
| 7/8/23 | Cycle path pyramid reps w/ Toby: 2x 200/400/600/400/200m / 3min rest between sets | 6-8 miles hilly Start and finish the run at an easy effort. Work harder on the hills, recover on the downs. | 8/8 Rose Inn 4mile 13/8 Wydean Relay |
| 14/8/23 | Off road intervals w/ Dave: 5x 5mins / 2min rest Reps at around 10k effort on an off road loop. | 1hr negative split run Run out at a steady effort for 31mins turn and run back harder aiming to finish under an hour. | |
| 21/8/23 | Rugby pitch intervals w/ Maria: 5-6x 400m(ish) / 30sec jog 5-6x 400m(ish) / 30sec walk Set 1 @5k effort, set 2 faster. | 6-8 miles flat Take this especially easy if you raced last night. | 23/8 Scenic 7* |
| 28/8/23 | GLCL Race 4 of 4 7:30pm Chepstow Route TBC | Social Trail Run ~1hr Take it easy, enjoy the trails and a drink afterwards. | 29/8 GLCL 4 |

*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.