



W/C	Tuesday Workout	Thursday Run	Races / Events
29/7/2024		<p>6-8 miles flat</p> <p>A flat run to start the month, take it easy if you're running the Murder Mile tomorrow.</p>	<p>2/8 Murder Mile*</p>
6/8/2024	<p>GLCL - Parc Bryn Bach</p> <p>Final road race of the season.</p> <p>5.2 miles with approx 320ft of elevation.</p>	<p>1 hour trail run</p> <p>Take it easy if you are recovering from Tuesdays GLCL.</p>	<p>7/8 Cardiff Summer Sizzler 5k</p>
12/8/2024	<p>Mona Fartlek</p> <p>20mins alternating between 5k pace and steady running</p> <p>2x 90sec / 90sec</p> <p>4x 60sec / 60sec</p> <p>4x 30sec / 30sec</p> <p>4x 15sec / 15sec</p> <p>With Toby.</p>	<p>8 mile hilly</p> <p>Easy first and last miles, work hard on the uphill and use the downs to recover.</p>	<p>13/8 Rose Inn race 4*</p> <p>17/8 Race the Train</p> <p>18/8 Jon Ward Hereford 5k*</p>
19/8/2024	<p>Hills</p> <p>8x 1 min / Jog down</p> <p>6x 20 sec / walk down</p> <p>Controlled effort for the 1 mins, faster for the 20 sec reps.</p> <p>With Nic.</p>	<p>7 mile progression run</p> <p>Use first mile as a warm up, increase pace from easy to 10k of the next 5 miles, last mile as a cool down.</p>	<p>21/8 Scenic Seven*</p> <p>25/8 Severn Bridge 10k*</p>
26/8/2024	<p>Tempo - Intervals</p> <p>1 Mile tempo / 2 min rest</p> <p>5 x 1min on / 1 min recovery</p> <p>8-10 x 30 secs on / 1 min rec</p> <p>1 mile tempo</p> <p>Tempo at HM Pace, 1mins at 10k pace, 30secs at 5k pace</p> <p>With Maria.</p>	<p>5-6 mile social run</p> <p>Easy run, finishing at the pub for drink.</p>	<p>1/9 Cardiff 10k</p> <p>1/9 Cheltnam Half</p> <p>1/9 Big London Half</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.