



W/C	Tuesday Workout	Thursday Run	Races / Events
01/01/2024	<p>400m Repeats: 10x (400m / 60 Second Recovery) Aim for 5k pace to start with, progressing the effort throughout the workout. With Maria.</p>	<p>6 miles easy Easy paced flat run prior to the first XC of 2024</p>	<p>7/1 GLCL XC Monmouth*</p>
08/01/2024	<p>Decreasing intervals: 2 sets of; 5min, 3min, 1min / 2 min recovery between all reps. Pace increases as the reps shorten. Try to match or progress the effort in the second set. With Toby.</p>	<p>Out & back negative split run: Run out at a steady pace Turn back at 31 minutes. Increase pace to get back within the hour.</p>	
15/01/2024	<p>Classic Pooler pyramid: 2x 200,400,600,600,400,200m with 1min recovery between each rep and 2mins between the sets. With Nic.</p>	<p>6-8 miles undulating Keep the effort easy if you are racing at the weekend</p>	<p>21/1 Llisbury 8</p>
22/01/2024	<p>3,2,1 Fartlek: 3 sets of: 3min hard / 3min easy 2min hard / 2min easy 1min hard / 1min easy Increasing effort as the reps shorten. With Toby.</p>	<p>Social Run 5 miles Easy run starting and ending at the pub!</p>	<p>27/1 Club Awards Night 27/1 Cwm nant-y-groes fell race 28/1 Longleat 10k*</p>
29/01/2024	<p>Hill Rep Pyramid: 3x (15,30,45,60,45,30,15 sec) Jog down recovery between reps. 2 mins rest between sets. Try to keep effort consistent. With Toby.</p>		<p>4/2 GLCL XC Fairwater</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.