



W/C	Tuesday Workout	Thursday Run	Races / Events
03/06/2024	<p>GLCL road race 3 - Islwyn</p> <p>Approx. 4 3/4 miles with 368ft of elevation. 2 laps of Parc Penallta with a nice big hill. Long downhill stretch to the finish.</p>	<p>8 miles undulating.</p> <p>Easy paced run particularly if you raced on Tuesday or are racing at the weekend.</p>	<p><u>9/6 Swansea Half</u></p>
10/06/2024	<p>40 minute Fartlek</p> <p>8x 3mins effort/2 mins easy</p> <p>Alternating between 10k effort and easy pace. Focus on maintaining the effort on the easy parts, not jog recoveries With Toby</p>	<p>GLCL recce</p> <p>5.3 miles running the new Pontypool GLCL course in Blaenavon. Starting and finishing at the Blaenavon Heritage Railway Furnace Sidings station. Post code: NP4 9SF will take you to the tuning for the car park.</p>	<p><u>11/6 Rose Inn race 2*</u></p> <p><u>12/6 Caerleon 5 Miler</u></p> <p><u>15/6 Coity Fell race*</u></p>
17/06/2024	<p>Jo Pavey's Speed Hills</p> <p>5x1min, 5x45sec, 3x30sec, 1x3min uphill with jog recovery. 3mins rest between sets Last 3min rep, accelerating for last 30secs. With Nic</p>	<p>7mile progression</p> <p>Warm up for the first mile, then increase the pace for 5 miles (approx 15secs per mile), cool down for the final mile.</p>	<p><u>19/6 Torfaen Sprint Relays</u></p> <p><u>23/6 Bladerunner</u></p>
24/06/2024	<p>Tempo/fartlek</p> <p>1mile tempo/3mins rest 8x1min hard/1min easy/3mins rest 1mile tempo</p> <p>Tempo efforts at hm-10k pace. hard efforts at sub 5k pace With Maria</p>	<p>Social run - 5 to 6 miles.</p> <p>Easy chatty run starting and finishing at the pub with a pint (or drink of your choice).</p>	<p><u>27/6 Thornbury 10k*</u></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.