



| W/C        | Tuesday Workout   | Thursday Run   | Races / Events   |
|------------|---|--|--|
| 29/01/2024 |   | 6 miles progressive or easy<br>Progression run from <b>easy</b> to <b>10k</b> effort over 5 miles, easy final mile as a cool down.<br><b>If you are racing this weekend, this should be an easy run.</b> | <a href="#">4/2 GLCL XC Fairwater</a><br><a href="#">4/2 Reverse 10*</a>           |
| 05/02/2024 | Intervals<br><b>5x 3min / 90sec recovery</b><br><b>5x 1min / 1 min recovery</b><br>3min reps between 10k-5k pac, 1 min reps closer to mile pace.<br><b>With Toby</b>                                  | 6-8 miles hilly<br>Start and finish the run at an <b>easy</b> effort. Work harder <b>on the hills</b> .<br><b>Keep the whole run easy if you are doing the XC at the weekend.</b>                        | <a href="#">10/2 Gwent League XC Margam Park</a>                                   |
| 12/02/2024 | Race tune up<br><b>1mile 10k effort, 3min rest</b><br><b>6x 1min hard / 1min rest</b><br><b>4x 30sec hard / 30sec rest</b><br>Short intervals to prepare for this weekend racing.<br><b>With Toby</b> | 5-7 miles easy<br>Keep the effort <b>easy</b> if you are racing this weekend.  | <a href="#">18/2 Sorbrook Slog*</a><br><a href="#">18/2 Hereford 10 Mile*</a>      |
| 19/02/2024 | Long Intervals<br><b>6x 800m / 2mins rest</b><br>Efforts at 10k-5k pace trying to keep the reps consistent throughout.<br><b>With Nic</b>   | Split tempo - 7 miles<br><b>Alternate 1mile easy / 1mile tempo starting and finishing with an easy mile.</b><br>Run to effort rather than pace. Tempo should be HM-10k effort.                           | <a href="#">25/2 Pontypool Home Run*</a><br><a href="#">25/2 Kymin Winter Race</a> |
| 26/02/2024 | Bleep Test<br>Progressive running between 2 lines 20m apart in time to recorded beeps.<br><b>With Maria</b>   | Social Run 5-6 miles<br><b>Easy</b> run starting and ending at the pub!  | <a href="#">2/3 Gwent League XC Pontypool Park</a>                                 |

**\*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.**