

Training Plan



November 2024

W/C	Tuesday Workout	Thursday Run	Races / Events
4/11/2024	<p>Track Session - Oakdale NP12 ONA - 7pm start</p> <p>10 x 300m / 60 secs recovery.</p> <p>Efforts at 5k pace on the track.</p> <p>With Maria.</p>	<p>8 miles Hilly</p> <p>Working hard on the uphills and using the downs to recover.</p> <p>Take this easy if you are racing on Saturday.</p>	<p>7/11 Severn Bridge Night Race 1*</p> <p>9/11 Gwent League XC - Cardiff*</p>
11/11/2024	<p>Threshold Intervals</p> <p>3 x 10 min / 3 mins recovery</p> <p>Efforts at HM pace</p> <p>with Nic.</p>	<p>Negative Split</p> <p>1 hour out and back. 31 minutes out are a steady effort, increasing the pace to get back in 29 minutes of less.</p>	
18/11/2024	<p>Mona Fartlek</p> <p>20 mins continuous running alternating between hard and steady effort</p> <p>2x 90sec / 90sec 4x 60sec / 60sec 4x 30sec / 30sec 4x 15sec / 15sec</p> <p>With Toby.</p>	<p>6-8 miles flat</p> <p>A flat run ahead of the Elan Valley 10 and GLCL XC at the weekend. If your running either or both, take it easy tonight.</p>	<p>21/11 Severn Bridge Night Race 2</p> <p>23/11 Elan Valley 10*</p> <p>24/11 GLCL XC - Lliswerry</p>
25/11/2024	<p>Pontypool Tri Speed Session</p> <p>TBC</p> <p>Joining up with the Pontypool Tri club for their speed session</p>	<p>5-7 mile social run</p> <p>End of month easy social run starting and finishing at The Open Hearth.</p>	<p>30/11 Gwent League XC - Blaise Castle</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.