



W/C	Tuesday Workout	Thursday Run	Races / Events
<b>3/2/2025</b>	<p>Track Session - Oakdale NP12 0NA - 7pm start</p> <p>8-12 <b>300m / 60sec</b> recovery</p> <p>With Maria.</p>	<p>7 miles easy or 1 mile tempo reps</p> <p>Choice between an <b>easy</b> run or 7 miles 1mile on/1mile off - ons between <b>HM and 10k pace</b>.</p>	<p><u><a href="#">8/2 Gwent League XC - Margam Park</a></u></p>
<b>10/2/2025</b>	<p>30 min Fartlek</p> <p>15 x <b>1 min on / 1 min off</b></p> <p>Ons at <b>5k effort</b>, offs at <b>normal</b> running pace.</p> <p>With Toby</p>	<p>6-8 miles undulating</p> <p>Push hard up the hills, using the downhills to recover. Take this <b>easy</b> if you are racing on Sunday.</p>	<p><u><a href="#">16/2 Llanelli Half &amp; 10k</a></u></p> <p><u><a href="#">16/2 Pontypool Home Run*</a></u></p> <p><u><a href="#">16/2 Hereford 10 Miler*</a></u></p>
<b>17/2/2025</b>	<p>Threshold Session</p> <p>2 x <b>25min / 5 mins</b> rest</p> <p>Efforts at around <b>HM pace</b>, aim for second rep to be a bit faster than the first.</p> <p>With Toby</p>	<p>6-8 miles flat</p> <p><b>Easy</b> paced run following Tuesdays session, Can be a progression run if you feel like it.</p>	<p><u><a href="#">23/2 Sorbrook Slog*</a></u></p>
<b>24/2/2025</b>	<p>Jo Pavey's Speed Hills</p> <p>5 x <b>1min</b>, 5 x <b>45s</b>, 3 x <b>30s</b>, 1 x <b>3min</b> (last 30s acceleration)</p> <p><b>Jog back down</b> recovery</p> <p><b>3mins</b> rest between sets</p> <p>With Nic</p>	<p>5-6 mile social run</p> <p><b>Easy</b> run starting and finishing at the pub.</p>	<p><u><a href="#">1/3 Gwent League XC - TBC</a></u></p> <p><u><a href="#">2/3 Newport Half*</a></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.