



W/C	Tuesday Workout	Thursday Run	Races / Events
2/12/2024	<p>Track Session - Oakdale NP12 ONA - 7pm start</p> <p>Paarlauf session with Pont-Y-Pwl Tri and Fairwater.</p> <p>With Maria.</p>	<p>6-8 miles undulating.</p> <p>If you feel like it, run the middle section at tempo effort, pushing hard on the ups. First and last mile to warm up and cool down.</p>	
9/12/2024	<p>2-4-6 pyramid</p> <p>2 x 200, 400, 600 mtrs / 2min recovery</p> <p>Efforts at 5k pace, static recovery</p> <p>With Nic.</p> <p>Followed by the club AGM.</p>	<p>7 miles flat.</p> <p>Easy first mile, then alternating between hard and easy effort each mile, ending on an easy mile.</p>	<p>14/12 Celtic Trail Half Marathon*</p> <p>15/12 Pudding race</p> <p>15/12 Westonbirt House Christmas 10k*</p>
16/12/2024	<p>Kenyan hills</p> <p>3 x 8 mins / 3 mins recovery</p> <p>Consistent effort up and down, static recovery.</p> <p>With Toby</p>	<p>Christmas lights run with Fairwater runners.</p> <p>Time and route to be confirmed.</p>	
23/12/2024	<p>Christmas Eve 🎅</p> <p>No session today. Happy Christmas everyone!!</p>	<p>Boxing Day</p> <p>No club run today.</p> <p>Griffithstown Fun Run is at 11am. £5 entry,</p>	<p>26/12 Boxing Day Fun Run - Griffithstown</p> <p>29/12 Hereford Couriers Xmas 10k*</p>
31/12/2024	<p>New Years Eve 🥂</p> <p>No session today. See you in the new year!!</p>		<p>31/12 Nos Galan 5k</p> <p>5/1 GLCL XC - Monmouth</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.