Training Plan   **October 2024**

W/C	Tuesday Workout	Thursday Run	Races / Events
30/9/2024	**Track Session - Oakdale NP12 0NA - 7pm start** **10-12 x 400m / 90 secs recovery.** Efforts at 5k pace on the track. **With Maria.**	**6-8 miles flat** Take this nice and easy if you are running the Cardiff Half on Sunday.	6/10 Cardiff Half Marathon*
7/10/2024	**XC Intervals** **5 x 5 min effort / 2 min recovery** Off road intervals to prepare for the XC season. Efforts at 5-10k effort. **With Nic.**	**6 mile progressive or easy** Start at an easy pace then increase the effort on each subsequent mile up to 10k pace.	12/10 Gwent League XC Pembrey
14/10/2024	**Train Station Hills** **10 x 1 min** **6 x 30 secs** **Jog recovery** Hard hill efforts, increasing the pace as the reps shorten. **With Toby.**	**7 mile tempo / easy** Start with 1 mile easy then alternate miles between 1 mile HM effort and 1 mile easy	20/10 GLCL XC Chepstow
21/10/2024	**30 minute Fartlek** **15 x 1 min hard/1 min easy** Alternating between a controlled 5k effort and easy running. **With Toby.**	**6 - 8 mile undulating** Push harder up the hills using the downs to recover. Take it easy if your racing at the weekend.	27/10 Marthon Eryri 27/10 Stroud Half Marathon
28/10/2024	**Pontypool Tri Speed Session** **TBC** Joining up with the Pontypool Tri club for their speed session	**5-7 mile social run** End of month easy social run starting and finishing at The Open Hearth.	3/11 Richard Burton 10k

*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.