



W/C	Tuesday Speedwork	Thursday Run	Races / Events
29/3/21	Don't forget that these runs can be incorporated into the Pooler APRIL TEAM CHALLENGE.	5 to 8 miles hilly: Run as you feel on either road or trail, it's up to you.	
5/4/21	Minute On / Minute Off Fartlek: 10 to 15 reps of: 1min @ 5k pace or faster 1min jog / walk 10-20min warm up with 3-4 strides 10-20min cool down.	1 hour negative split run: Choose a flattish or rolling out and back route: -Run out at a steady pace -Turn at 31 mins -Try to get back to your start point before the hour is up!	Team Challenge: 24hr team race Min. 4 hours running per team member Remaining 4 hours split by choice
12/4/21	Group 1 Time Trial: Run either: 1k, 2k, 3k, 4k or 5k as fast as you can. 10-20min warm up with 3-4 strides 10-20min cool down. TAKE AT LEAST 2 EASY OR REST DAYS BETWEEN THESE EFFORTS	Group 2 Time Trial: Run either: 6k, 7k, 8k, 9k or 10k as fast as you can. 10-20min warm up with 3-4 strides 10-20min cool down. TAKE AT LEAST 2 EASY OR REST DAYS BETWEEN THESE EFFORTS	Team Challenge: Team Pyramid Run ONE distance from Group 1 and ONE from Group 2 during the week
19/4/21	Increasing pace workout: 10-20min warm up 2x 6 mins / 2min jog 3 or 4x 3 mins / 2min jog 10-20min cool down Aim for 6 min reps at threshold pace and 3 min reps faster, between 5-10k pace.	5 to 8 miles: Start out easy for the first 1-2 miles. If you feel good, increase to a steady pace for the middle part of the run. Run the last mile at an easy pace.	Team Challenge: Team Bingo Complete the 25 tasks in the week. 24/4/21 WA Leaders Webinar
26/4/21	Hill repeats: 10-12x 1 minute uphill / 2 mins down 10-20min warm up 10-20min cool down Focus on your form rather than pace. Hills are a strength workout!	40 to 60 minutes: Run at an easy pace. Add 4-6 strides towards the end of your run. Make sure you're fresh for Saturday's relay.	Team Challenge: Relay Sat 1/5/21 Run your 30min slot between 9:00 and 11:30am Sun 2/5/21 Alex's 24 Hour Ultramarathon @ Pontypool Park!

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.

