| W/C | Tuesday Speedwork | Thursday Run | Races / Events |
|---|---|---|---|
| **1/3/21** | **Richardson Fartlek** 3 or 4 reps of:<br><br>**5 mins threshold**<br>**1 min jog**<br>**1 min hard**<br>**1 min jog**<br><br>10-20min warm up with 3-4 strides<br>10-20min cool down | **5 to 8 miles** total with:<br><br>20 - 30mins uptempo pace<br><br>Make sure you run the first and last mile at an easy pace | Welsh Athletics Virtual Winter Series **2 mile** 5/3 to 8/3/21<br><br>GLCL Virtual **20mile** Race 6/3 to 14/1/21 |
| **8/3/21** | **3 minute efforts** - 5 to 8 reps of:<br><br>**3 min @ 10km race effort**<br>**2 mins jog**<br><br>10-20min warm up with 3-4 strides<br>10-20min cool down | **5 to 7 miles hilly:**<br><br>Run as you feel but make an effort to run the downhills quickly to condition the legs. | GLCL Virtual **20mile** Race 6/3 to 14/3/21 |
| **15/3/21** | **Hill repeats:**<br><br>**8x 1min uphill / 90 seconds down**<br>**3 minute jog** then:<br>**8x 20sec hill sprint / 60sec down**<br><br>10-20min warm up<br>10-20min cool down | **1 hour negative split run:**<br><br>Choose a flattish or rolling **out and back route**:<br><br>-Run out at a steady pace<br>-Turn at 31 mins<br>-Try to get back to your start point before the hour is up! | |
| **22/3/21** | **Tune up session:**<br><br>**5-10 min jog**<br>**15mins uptempo**<br>**2x 2 mins @ 5mile pace /1min jog**<br>**3x 1mins @ 5k pace /1min jog**<br>**10mins cool down** | **4 to 7 miles:**<br><br>**Run at an easy pace**<br>**Add 4 - 6 strides** towards the end of the run. | GLCL Virtual **5mile** Race 5 22/3 to 28/3/21 **- the final one!** |
| **29/3/21** | **Fartlek:**<br><br>**10x 2 mins effort/ 1min jog**<br>Aim for somewhere between 5k and 10k pace/effort for the 2 minute reps.<br><br>10-20min warm up with 3-4 strides<br>10-20min cool down. | **Don't forget that these training sessions count towards our March Madness Bingo virtual club challenge this month!**<br><br>**Good luck and happy training Poolers!** | |

## 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.