



W/C	Tuesday Speedwork	Thursday Run	Races / Events
28/6/21		<b>5-8 miles hilly</b> Run as you feel. Push the effort on the uphill if you wish.	
5/7/21	<b>Hill repeats:</b>  Warm up & strides <b>10x 1min uphill / 2min recovery</b> Cool down  <b>We'll be looking at hill running form.</b>	<b>Flat 5-8 miles</b>	<b>Sunday 11/7/21:</b>  Sunday club run in the Abergavenny area - full details to follow!
12/7/21	<b>600m reps:</b>  Warm up & drills <b>6-8 x 600m @ 5k to 10k effort</b> <b>2min walk/jog recoveries.</b> Cool down	<b>1 hour negative split run:</b>  Out-and-back route <b>Run out at a steady pace</b> <b>Turn at 31mins</b> <b>Run back to the start point before the hour is up!</b>	
19/7/21	<b>Tune up session:</b> Lighter session to prepare for the GLCL 4mile on Thurs.  Warm up <b>6x 200m @ 70-75% of max. effort</b> <b>90sec recoveries</b> Cool down  Session can be adjusted for those not taking part on Thursday.	<b>4 mile Time Trial for Virtual GLCL:</b>  - An opportunity to work together and push harder than we would on our own on a fast course (TBD).  - plus warm up & cool down.  - well deserved drink at the pub after!	<b>All week 19/7 - 25/7):</b> <b><u>Virtual GLCL 4mile race</u></b>  <b>Sun 25/7:</b> Yoga with Lucy
26/7/21	<b>3,2,1 Fartlek:</b>  Warm up <b>3 rounds of:</b> <b>3min hard / 3min easy</b> <b>2min hard / 2min easy</b> <b>1min hard / 1min easy</b> Cool down	<b>Social Run ~5miles</b>	

**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.