



W/C	Tuesday Speedwork	Thursday Run	Races / Events
2/8/21	<p>Off road reps:</p> <p>Warm up</p> <p>6x 800m (approx) / 90sec rest</p> <p>Cool down</p>	<p>Llandegfedd Reservoir Run ~6miles / 10km</p> <p><u>Meet at The Carpenters Arms, Coed-y-paen NP4 0TH @ 1830.</u></p>	
9/8/21	<p>Dave's choice - Long reps / short reps on the Pimlico straight mile:</p> <p>Warm up</p> <p>4x 4min effort / 2min rest into</p> <p>4x 2min effort / 1min rest</p> <p>Cool down</p>	<p>Hilly 5-8miles</p> <p>Run as you feel.</p> <p>Push the effort on the uphill if you feel good!</p>	<p>Sat 14/8: Wydean Realys</p>
16/8/21	<p>3miles of increasing pace reps:</p> <p>Warm up</p> <p>6x 400m @~5k pace / 400m recovery</p> <p>-Aim to increase your pace slightly with each rep.</p> <p>-Option to double up to 12 reps (at a lower intensity) if marathon training.</p> <p>Cool down</p>	<p>5 mile time trial for Virtual GLCL</p> <p>-An opportunity to work together to run a hard effort.</p> <p>-Fast route (TBD)</p> <p>-Plus warm up &amp; cool down.</p>	<p>16 - 22/8: VGLCL 5mile</p> <p>Wed 18/8: Cardiff Sunset 10k</p> <p>Fri 20/8: Rose Inn 4mile</p>
23/8/21	<p>3,2,1 Fartlek:</p> <p>Warm up</p> <p>3 rounds of:</p> <p>3min hard / 3min easy</p> <p>2min hard / 2min easy</p> <p>1min hard / 1min easy</p> <p>Cool down</p>	<p>Social Run ~6miles</p>	<p>Sun 29/8: Yoga with Lucy</p> <p>Sun 29/8: Cardiff Race for Victory 5K</p>
30/8/21	<p>Ade's Increasing Pyramid:</p> <p>Warm up</p> <p>400m, 800m, 1mile, 400m, 800m</p> <p>400m recoveries, except 800m after the mile</p> <p>Then: <u>Maria's Relays.</u></p>		<p>Mon 30/8: Machen Mountain Race</p>

**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.