



W/C	Tuesday Speedwork	Thursday Run	Races / Events
4/10/21	<p>Hill repeats:</p> <p>Warm up</p> <p>8x 90secs uphill / jog down recovery</p> <p>Cool down</p>	<p>5 or 7 miles alternating effort:</p> <p>-Start with 1 mile easy</p> <p>-Run the next mile at around half marathon effort</p> <p>-Alternate each mile between the two paces, making sure your final mile is easy paced.</p>	<p>Sat 9/10: XC training 11:30 - TBC</p>
11/10/21	<p>Shortening reps, increasing pace:</p> <p>Warm up</p> <p>- 1 mile @10k pace</p> <p>- 800m @5k pace</p> <p>- 400m @1 mile pace</p> <p>w/ 2 min jog between each rep</p> <p>Cool down</p>	<p>6 - 8 miles flat:</p> <p>Take this run nice and easy especially if you are racing XC on Saturday!</p>	<p>Sat 16/10: <a href="#">Gwent League XC - Llandaff Fields, Cardiff</a></p>
18/10/21	<p>600m hill repeats:</p> <p>Warm up</p> <p>8x 600m uphill @ 5k effort</p> <p>Cool down</p>	<p>4 - 6 miles easy</p> <p>Finish your run with 4x15sec strides.</p> <p>Keep things easy if you're racing on Sunday!</p>	<p>Sat 23/10: XC training 11:30 @ The Keepers w/ Ade</p> <p>Sun 24/10: <a href="#">Newport Marathon &amp; 10k Club social afterwards!</a></p>
25/10/21	<p>800m Reps:</p> <p>Warm up</p> <p>6x 800m / 2 min walk recovery</p> <p>Cool down</p>	<p>Social Run ~4-5 miles</p> <p>Meet at The Carpenters Arms, Coed-y-paen NP4 0TH @ 1830.</p>	<p>Sun 31/10: <a href="#">GLCL XC Chepstow</a></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.