



W/C	Tuesday Speedwork	Thursday Run	Races / Events
1/11/21	Kenyan Hills: Warm up 3x 6mins effort / 3min recovery Cool down	Progression 6: - 1 mile easy - 4 mile progression - aim to run each mile 15sec faster than the last, working towards 5km pace - 1 mile easy	
8/11/21	40 min fartlek: Warmup 8 rounds of: 2min @threshold / 3mins steady Cool down	6 miles flat: Take this one easy if you're racing on Saturday. Optional 4x 15sec strides to finish	<u>Sun 14/11</u> Gwent League XC Brecon
15/11/21	Tempo & Hills: Warm up 2x 5min tempo 6x 30sec hill reps @ 10k pace Cool down	6-8 miles hilly: -Start and finish easy. -Push on the climbs and descents if you feel good	<u>Sat 20/11</u> Welsh Inter Regional XC Champs - Brecon
22/11/21	Ade's Favourite: Warm up 6x 2min hard / 2min recovery Cool down	Social Run 4-6 miles Location TBD	<u>Sun 28/11</u> GLCL XC Lliswerry
29/11/21	Mona Fartlek: Warm up 20mins of alternating 5k / steady 2x 90sec / 90sec 4x 60sec / 60sec 4x 30sec / 30sec 4x 15sec / 15sec Cool Down		

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.