



W/C	Tuesday Speedwork	Thursday Run	Races / Events
29/11/21		6-8 miles flat: Take this one easy if you're racing on Saturday. Optional 4x 15sec strides to finish	<u>Sat 4/12</u> Gwent League XC Pembrey
6/12/21	Hill reps: Warm up 12x 1min / jog down recovery 6x 15sec / walk down recovery Cool down	5-8 miles hilly: Build into the run, starting and finishing easy. Feel free to push in the middle miles if you feel good,	<u>Fri 10/12</u> St David's Festive 5 Fun Run & Drinks after.
13/12/21	Decreasing intervals: Warm up & drills 4x 90sec 4x 60sec 4x 30sec Rest equal to rep. Cool down	1hr Negative Split Run: Flat or rolling out and back route -Run out at a steady pace -Turn at 31minutes - Increase your pace and get back to the start before the hour is up!	<u>Mon 13/12</u> Christmas Lights Run
20/12/21	Hilly Fartlek: Warm up & drills 6x 2mins hard / 2mins easy Cool down	6miles: Run as you feel. Dashers and Prancers welcome.	<u>Sun 26/12</u> Boxing Day Charity Fun Run Olive Tree, Cwmbran
27/12/21	No Training: Have yourselves a Tuesday night off to recover from the Leftover Turkey Trot!	Social Run 4-6 miles Location TBD	<u>Mon 27/12</u> Paul Harvey's Leftover Turkey Trot - Mynydd Maen Moors.

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.