



W/C	Tuesday Speedwork	Thursday Run	Races / Events
3/1/22	Tempo and sprints: -Warm up -15min tempo -Drills -Flying 30s -Cool down	6-8 miles hilly Work on the uphill if you feel good	<u>Sun 9/1</u> <u>GLCLXC</u> <u>CANCELLED</u>
10/1/22	3,2,1 Fartlek: Warm up 3 round of: 3mins hard / 3mins easy 2mins hard / 2mins easy 1min hard / 1min easy Cool down	Out & back 1hr negative split run: -Run out at a steady pace -Turn back at 31mins -Increase your pace to get back to the start before the hour is up!	
17/1/22	Decreasing Pyramid Reps: Warm up 1mile, 800m, 400m, 800m, 1mile all with 2min jog recovery Cool down	6-8 miles flat @ easy pace Add 4-6x 15sec strides (45sec recovery) to finish	
24/1/22	Kenyan Hills: Warm up 3x 6mins / 2:30 recovery Cool down	Alternating pace 5 OR 7miles: Odd miles @ easy pace Even miles @ tempo effort (make sure the first and last miles are easy paced to act as warm up & 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.