

Before beginning the main part of the session, please be advised to incorporate warm up drills, such as we do on a Tuesday training session. Also, make sure to regroup at the start and end of any effort. If you do leave the session early for any reason, please make sure to inform another member of the training group.

August:

4th

3 hills challenge

Start: Plascrug > Up and down the Avenue > Effort up Penglais hill > Recovery pace on the Waun > Steady, controlled pace down Primrose hill > Recovery pace towards Penparcau Hill > Mini effort up Penparcau hill > Recover and turn around at the garage > Back towards Primrose > Either go straight back or up Primrose hill > Recover on the Waun > Steady descent on Penglais hill, but cut through the Uni and National library back to Plascrug

11th

Trefechan Hill Challenge

Warm up for at least a mile and regroup at the pavement at the bottom of tip road > Effort up the hill from Trefechan (on the right hand side) > moving recovery at the top by the bus stop until everyone has regrouped > Steady recovery down Rhydyfelin hill > 1-mile tempo effort on Tanybwllch cycle path (gate-to-gate) > Recovery to the bottom of the hill that you started on > 5 x 30 second hill efforts, with the recovery on the down > At least 1-mile steady recovery back to Plascrug

18th

Mini hill effort on tired legs

Warm up at least 1 mile > 5k pace effort from Blaendolau gate towards the Min-a-ddol bridge > Recover for 5 minutes > 10 minutes of hill loop at the far end of Min-a-ddol (Up Plas Helyg, down Second Avenue) > Cool down for at least 1-mile

25th

5-mile temp on the old Aber 10k course

Start: Plascrug > Up and down the Avenue > Turn left on Llanbadarn and pass Coopers, Cambrian Tyres, new town library towards vehicular railway > The whole promenade > Harbour > Cycle path behind the football ground > All the way towards to medical centre > Turn left when you reach the cycle path and over the small bridge to Myn-y-ddol > Around Blaendolau > Finish by the gate at the end of Blaendolau (by the red stop sign of the railroad) > Jog back to Plascrug *Aim to beat your time from the 16th of June

September 1st

Bondarenko track session

(Run 400m effort > Recovery 400m > Run 300m effort > Recovery 300m > Run 200m effort > Recovery 200m > Run 100 effort > Recovery 100m) X 2 or 3 times, followed by a 3-minute recovery > Followed by 1 more complete set > Cool down

*In the multiple sets effort, go straight from 100m recovery to 400m effort

8th

Mona Fartlek

Warm up for at least 1-mile and regroup either on the Vicarage fields (if dry), Plascrug avenue or cycle path > 2 x 90 seconds, 4 x 60 seconds, 4 x 30 seconds, 4 x 30 seconds, 4 x 15 seconds > recovery is a float recovery the same length time as the effort > Cool down for at least 1 mile

15th

Kenyan Fartlek

Warm up at least 1 mile > Regroup at the bottom of Consti > 1 minute on, 1 minute off for 30 minutes (best to do a 15 minute out and back route) > Cool down at least 1 mile

22nd

Mini Antibo Track session

Warm up at least 1 mile > 3k at tempo pace, 3-minute rest > 2 x 1k with 2-minutes rest between > 5 x 400m with 1-minute recovery between > Cool down

29th

5-mile temp on the old Aber 10k course

Start: Plascrug > Up and down the Avenue > Turn left on Llanbadarn and pass Coopers, Cambrian Tyres, new town library towards vehicular railway > The whole promenade > Harbour > Cycle path behind the football ground > All the way towards to medical centre > Turn left when you reach the cycle path and over the small bridge to Myn-y-ddol > Around Blaendolau > Finish by the gate at the end of Blaendolau (by the red stop sign of the railroad > Jog back to Plascrug *Aim to beat your time from the 16th of June