

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.

January

4th

Follow the leader Fartlek

Over a route between 5-8 miles, keep at a steady pace, but at different points, each person will take it in turns on deciding on when to start an effort and how long for (Between 30 second to 3 minutes)

11th

The 6s

1 mile warm up > Either 24 minute effort, with the goal of increasing pace every 6 minutes (1. Conversation pace 2. Roughly 1 to 1:30 slower than 5k pace 3. Roughly 30 to 1 minute slower than 5k pace 4. At around your 5k pace) > 1-mile cool down

18th

Track/Erw Goch or timed (K's, 400's and 200's)

1 mile steady > 3 x 1k (or 3 x 3:30-minutes) with 400m recovery (or 2 minute) > 4 x 400m (or 4 x 1:30) with 200m recovery (1 minute) > 4 x 200m (or 4 x 30 seconds) with 100m recovery (30 seconds) > 1 mile warm down – The aim is for consistent efforts, but the pace increasing on the shorter ones

25th

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

February

1st

Kenyan Fartlek 30

Warm up at least 1 mile > Regroup at chosen point > 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

8th

The 7s

1 mile warm up > Either 28 minute effort, with the goal of increasing pace every 7 minute (1. Conversation pace 2. Roughly 1 to 1:30 slower than 5k pace 3. Roughly 30 to 1 minute slower than 5k pace 4. At around your 5k pace) > 1-mile cool down

15th

Mini Antibo Track/Erw Goch 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

22nd

4 on, 4 off (Track or road)

Warm up for 1 mile, then start a 32-minute session that consists of 4 minutes at 5k-10k pace, then 4 minutes at 10k-Half marathon pace x 4 (no recovery). Finish off with at least a 1 mile cool down

March

1st

Penglais 3-minute warning challenge

Warm up for at least one mile and re-group at the Dan-y-Coed entrance on left hand pavement on Penglais Hill > 5/6 x 3-minute efforts up, with the recovery coming on the down (If you get to the bus stop, you are doing well!) > Cool down for at least 1-mile

8th

Chase challenge

Warm up for at least one mile and re-group at the bottom of Consti > 20-25 minutes at around half marathon-10k pace > Turn around and follow the same route back, but at 5k-10k pace (Goal is to be 1-2 minutes quicker on the second half) > At least 1 mile warm down jog

15th

5-mile temp on the old Aber 10k course

Start: Plascrug > Up and down the Avenue > Turn left on Llanbadarn and pass Coopers, Cambrian Tyers, 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

22nd

The 2-milers club

Warm up for 1-mile > Effort for either 2-miles or 15 minutes > jog/walk recover for 4 minutes > Repeat the 2-mile/15 minute effort on the same route (but in reverse), with the goal being to run at the same pace, or quicker, as the first > 1 mile recovery

29th

The 8s

1 mile warm up > Either 32 minute effort, with the goal of increasing pace every 8 minute (1. Conversation pace 2. Roughly 1 to 1:30 slower than 5k pace 3. Roughly 30 to 1 minute slower than 5k pace 4. At around your 5k pace) > 1-mile cool down

April

5th

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

12th

Mini 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

19th

Different gears

Warm up for at least one mile and re-group at the bottom of Consta > Approx 2. Mile effort at about 5k pace > Finish point is the final lamp post by the medical centre cut through path > Jog around this area for everyone to re-group > Casual conversational pace to the avenue > Lamp post efforts on the avenue (start at the rugby club end) – 4 lamp post effort pace, 2 at recovery pace, for 4 lengths (1 up, 1 down x2) > At least 1 mile warm down jog

26th

Follow the leader Fartlek

Over a route between 5-8 miles, keep at a steady pace, but at different points, each person will take it in turns on deciding on when to start an effort and how long for (Between 30 second to 3 minutes)