

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.

October:

6th

3 hills challenge

Up Penglais > Down Primrose > Mini effort up Penparcau Hill > Reverse back and back up Primrose Hill > Down Penglais (Option to cut back through the University)

13th

Steps

Castle Steps challenge for 30 minutes, with 10 minutes before and after

20th

The Buarth Challenge

30-minute loop consisting of going up the Waun, then through Plascrug Avenue – Effort up Buarth Hill and length of avenue.

27th

10k tempo

Aber 10k tempo session (The new course)

November 3rd

Different gears

1 mile warm up > 15-minute effort > 5-minute recovery > 2 x 5-minute effort, with 2-minute recover > 4 x 1-minute effort, with 1-minute recovery > 1-mile cool down

10th

8s

1 mile warm up > 32-minute effort, with the goal of increasing pace every 8 minutes > 1-mile cool down

17th

Mini or full Bondarenko track

(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

24th

5-mile tempo

Police Station to Industrial estate and back course

December – No sessions planned