

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.

March:

2nd

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

9th

Different gears

Warm up for at least one mile and re-group at the bottom of Consti > 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

16th

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

23rd

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)

30th

5-mile tempo

Police Station (Start by the lamppost that's roughly 200m behind the Aberystwyth sign) > Cycle path behind Morrisons > Blaendolau > Cricket field > Waterworks > through the Industrial estate towards the Moriah hill road > Turn left by the Moriah hill road > Cross the railroad, and back on the mini path > Turn left when you come back to the road > Past the Royal Mail office, and then back on the same road and finish by the Aberystwyth sign.

April:

6th

Chase challenge

Warm up for at least one mile and re-group at the bottom of Consti > 20 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

13th

Steady 6 miles followed by 10 x 20 seconds hill efforts (The hill by Llanbadarn Church that goes up to the University is a good place for this) > 1 mile cool down

16th *TEIFI 10*****

20th

The 8s

Warm up and regroup at the cycle path gate at the industrial estate > 8 minutes at conversational pace, 8 minutes at half marathon pace, 8 minutes at 10k pace, 8 minutes at 5k pace (16 minutes out towards Capel Bangor, then turn around, but try to make the route longer once you arrive back at the industrial estate > Jog and regroup at the cycle path gate > Warm down at least 1 mile

27th

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

