

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.

## **September**

**14<sup>th</sup>**

### **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

**21<sup>st</sup>**

### **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)

**28<sup>th</sup>**

### **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

## **October**

**5<sup>th</sup>**

\*TWIN PEAKS – Runners choice, but NO HILLS!!!

**12<sup>th</sup>**

### **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

**19<sup>th</sup>**

**7s**

1 mile warm up > 28 minute effort, with the goal of increasing pace every 7 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

**26<sup>th</sup>**

### **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

## **November**

**2<sup>nd</sup>**

### **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.

**9<sup>th</sup>**

### **Track (K's, 400's and 200's)**

1 mile steady > 3 x 1k with 400m recovery > 4 x 400m with 200m recovery > 4 x 200m with 100m recovery > 1 mile warm down – The aim is for consistent efforts, but the pace increasing on the shorter ones

**16<sup>th</sup>**

\*Elan Valley 10M

Easy 6 miles, but include a few 30, 45 and 1 minute relaxed surges (with a focus on quick leg turnover and relaxed upper body) at different points between mile 2 and 5

**23<sup>rd</sup>**

**6 x 3-minutes (on any course)**

1 mile warm up > 6 x 3 minutes at around 1-mile pace effort (slightly quicker than 5k effort), off a 2 minute rolling recovery > 1 mile cool down

**30<sup>th</sup>**

\*ABER 10k – Runners choice (keep it easy)

**December**

**7<sup>th</sup>**

**Track - The Mixer**

4 laps slow conversational pace > 4 laps at 5k pace > 2 laps slow recovery > 2 laps with the aim being up to 5 second quicker per lap than 5k pace > 1 lap easy > 5 x 400m off 200m slow jog recovery (Don't worry about pace, just keep going!) > 1 lap recovery > 4 x 200m off 100m slow jog recovery (again, don't worry about pace) > 4 cool down laps

Alternatively, if you prefer to work away from the track, aim for time rather than distance:

8 minutes warm up > 8 minutes at 5k pace > 4 minutes recovery > 4 minutes with the aim being 10 seconds quicker than you were at the half way point of the 8-minute effort > 2 minutes easy > 5 x 2 minutes, off 1-minute recovery > 4 x 1 minute effort off 30 seconds recovery > 8 minutes cool down

**14<sup>th</sup>**

**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

**21<sup>st</sup>**

**Easy 5 mile social run**

On any route – feel free to add fartlek surges between mile 2-4

**28<sup>th</sup>**

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