

Weekly Training Schedule: Summer 2018

Weekly Training Schedule: Summer 2018	
May	
30-April	Morrisons Bike Path: 400m efforts (max 10)
01-May	Plas Crug: 2 x 2min, 2 x 4 min, 2 x 6 (or 4) min efforts (half effort recovery) IE
07-May	
07-May	No Training: Bank Holiday
08-May	HILLS: Pen Dinas Hill climb and descent, followed by short 30 sec sprints (30 walking) along bike path. Return climb from Rhydyfelin to Penparcau LB
14-May	
14-May	BIKE PATH TO Industrial Estate: Pyramid Session - 2x1min, 2x2 min, 2x3 min, 2x2 min, 2x1min
15-May	Pen Dinas Cycle Path: 2 x 800m, 1 x 1 mile effort (x2). HM
21-May	
21-May	HILLS: Pen Dinas Hill climb and descent, followed by short 30 sec sprints (30 walking) along bike path. Return climb from Rhydyfelin to Penparcau
22-May	Blaen Dollau: 7-7-7 (7 min half-marathon pace, 7 min 10 mile pace, 7 min 10 k pace) LB
28-May	
28-May	No Training: Bank Holiday
29-May	Morrisons Bike Path: 800m efforts - 8 max IE
June	
04-Jun	PROMENADE PUNISHER: Lamp post efforts (4 with 2 recovery) from Alex Hall to just before paddling pool & 1 long effort back to start from bandstand to Alex Hall - max 4 (2 min recovery after each)
05-Jun	Blaen Dollau: 1k efforts x 5/6 HM
11-Jun	
11-Jun	Aber 10k route: Tempo Run
12-Jun	Hills: 1 x Consti 1 x Clarach Hill climbs and descents, including 5-10 10 sec sprints on prom before hills. LB
18-Jun	
18-Jun	Plas Crug: 2 x 2min, 2 x 4 min, 2 x 6 (or 4) min efforts (half effort time recovery)
19-Jun	PROMENADE PUNISHER: Lamp post efforts (4 with 2 recovery) from Alex Hall to just before paddling pool & 1 long effort back to start from bandstand to Alex Hall - max 4 (2 min recovery after each) IE
25-Jun	
25-Jun	Consti Hill Challenge (open to all part of TRAIL LEAGUE): Start and finish at bandstand (c.2.2miles), following the Twin Peaks route. Don't forget your stopwatch.
26-Jun	Erw Goch Pyramid session – 200, 400, 600, 800, 1k, 800, 600, 400, 200 (200m recovery below 800m, 400m recovery 800m and above) LB
July	
02-Jul	Town Circuit: 30 min comprising 1 min effort 1 min recovery.

03-Jul	Prom RNLI end to Castle Point: 8 x 600m efforts IE
9-Jul	PROM - RNLI to Castle Point: 600m - max 6 (with 90-120 sec recovery)
10-Jul	Hills: Consti 4 x 3 mins, start on prom. HM
16 Jul	5km TT (open to all, CLUB LEAGUE)
17-Jul	Penglais Woods: Trail Fartlek loop LB
23-Jul	Blaen Dollau: 1k efforts x 4/5
24-Jul	Town Circuit: 30 min comprising 1 min effort 1 min recovery. HM
30-Jul	Penglais Woods: Trail Fartlek loop
31-Jul	1 x 1600, 1 x 1200, 1 x 800, 1 x 600, 1x 400, 1 x 200 (400 recovery between each) IE
	NO OFFICIAL TRAINING ON MON & TUES DURING AUGUST – BUT SOCIAL RUNS/TRAINING. See website, email, facebook for more details
September	
03-Sep	Town Circuit: 30 min comprising 1 min effort 1 min recovery.
04-Sep	BIKE PATH TO INDUSTRIAL ESTATE: 2x1min, 2x2 min, 2x3 min, 2x2 min, 2x1min (recovery half of effort time) HM
10-Sep	PROM - RNLI to Castle Point: 600m - max 6 (with 90-120 sec recovery)
11-Sep	PEN DINAS HILL CHALLENGE TT (open to all part of TRAIL LEAGUE): (start at Law Courts and finish at Fire station following Twin Peaks route) LB
17-Sep	Blaen Dollau: 1km efforts (4/5)
18-Sep	PROMENADE PUNISHER: Lamp post efforts (4 with 2 recovery) from Alex Hall to just before paddling pool & 1 long effort back to start from bandstand to Alex Hall - max 4 (2 min recovery after each) IE
24-Sep	Hills- Golf Club Road: 4 x 3 mins
25-Sep	Track or Morrisons Cycle Path: 400m efforts max 12 LB
October	
01-Oct	PROMENADE PUNISHER: Lamp post efforts (4 with 2 recovery) from Alex Hall to just before paddling pool & 1 long effort back to start from bandstand to Alex Hall - max 4 (2 min recovery after each)
02-Oct	Blaen Dollau: 1km efforts (5/6) LB
08-Oct	Bike Path: 1 x 800m, 2 x 400m x 3 max
09-Oct	Hills: Golf Club Road 1x 1 min, 1 x 2 min, 1 x 3 min x 2 HM
15-Oct	TIME TRIAL: 5M (CLUB LEAGUE OPEN TO ALL)

16-Oct	Erw Goch: Pyramid Session 200m, 400m, 600m, 800m, (1000m), 800m, 600m, 400m, 200m (J) LB
22-Oct	Hills: Trefechan Bridge to Penparcau – 6 x 2 mins.
23-Oct	Plas Crug: 300m efforts x 7 with 300m steady recovery (continuous) IE
29-Oct	Erw Goch: 10 x 400 in pairs as relay
30-Oct	Bike Path: 1 x 800m, 2 x 400m x 3 max HM