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|  | **July 2021** |
| **Tues** | **Thurs** | **Weekend** |
|  | **01** | **03/04** |
|  | **Mixed Speed Session**Mixed ability pairings G1 & G2 runners paired up with a runner from G3 & G4.Start in the middle of two turning points back-to-back with your partner and run fast in opposite directions to a turning point before heading back. Stop when you meet up with your partner and recover for 60 seconds before heading off in opposite directions to the turning points again. | **Saturday LSR – 8am Riverfront**[**Route**](https://www.strava.com/routes/2810097041671700750)**Sunday LSR – 8am Fosse**[**Route**](https://www.strava.com/routes/2810097041671700750) |
| **06** | **08** | **10/11** |
| [**Chip Shop Chase**](http://www.strava.com/routes/21559177)**Session Suggestion****Tempo:** 1M w/u, Tempo @ 5-10K pace, 1M c/d. | **Gear Changer**Teaches you to accelerate when you’re tired, developing your ability to complete a sustained kick. Warm up for 2 miles then run 4 x 800m, with three to four minutes of rest between the efforts. Start each repeat at 5K pace and in the first one, accelerate after 700m and go all out to the finish. In the second effort, accelerate after 600m; in the third, after 500m; in the final repeat, go as hard as you can after 400m. Finish by cooling down for 1 to 2 miles. | **Saturday LSR – 8am Riverfront**[**Route**](https://www.strava.com/routes/2797069014156257904)**Sunday LSR – 8am Fosse**[**Route**](https://www.strava.com/routes/2797069014156257904) |
| **13** | **15** | **17/18** |
| [**Glen Usk Gallop**](http://www.strava.com/routes/20625918)**Session Suggestion****Tempo:** 1. 1M w/u Tempo @ 5-10K pace,

 1M c/d. | **Caerleon RC 5K TT #2**[**Route**](https://www.strava.com/routes/2711193104791508688) | **Saturday LSR – 8am Riverfront**[**Route**](https://www.strava.com/routes/2792389648672992278)**Sunday LSR – 8am Fosse**[**Route**](https://www.strava.com/routes/2792389648672992278) |
| **20** | **22** | **24 / 25** |
| [**Malthouse Frechfa Loop**](http://www.strava.com/routes/18250105)**Session Suggestion****Progression:**1M w/u, 10k progression, 1M c/d   | **GLVL Summer Series Race 3 – 4 miles**Route to be confirmed closer to the time. | **Saturday LSR – 8am Riverfront**[**Route**](https://www.strava.com/routes/2776841704764984506)**Sunday LSR – 8am Fosse**[**Route**](https://www.strava.com/routes/2781944207400475922) |

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|  | **July 2021** |
| **Tues** | **Thurs** | **Weekend** |
| **27** | **29** | **31/01** |
| [**Cwmbran away day**](https://www.strava.com/activities/5515830925)**Session Suggestion****Progression:**1M w/u, 10k progression, 1M c/d | **Cut-down laps**Helps to practice 5K and 10K race pace. After a 1M warm-up do 3 x 400m at 10K pace, with 200m recovery jogs; 3 x 400m at 5K pace, with the same recovery intervals; then 3 x 400m at your one-mile pace, with the same recoveries. Jog for 400m between sets. Warm down for 10-15 mins | **Saturday LSR – 8am Riverfront**[**Route**](https://www.strava.com/routes/2769177548352543692)**Sunday LSR – 8am Lower St Cadoc’s Car Park**[**Route**](https://www.strava.com/routes/2776843010218462388) |