



Run speed work conducted regularly will make you faster. It is reserved for athletes who have a strong base and are not injured. Please do not combine speed work with other trainings.

TRACK or TREADMILL WORKOUT
3.5 Mile Training – ALL intervals should be timed

- * An interval is a measure of your speed/HR for a particular distance
- * 400 meters/440 yards is one lap around the track or 0.25 miles
- * Be diligent about your run intensity for each set. Not all intervals are meant to be fast.
- * Be diligent about your recovery times – don't rest longer
- * Recovery is walking slow and lowering HR between sets – don't stop movement
- * Treadmill work: always use an incline of 1 or 2.
- * Treadmill work: Note your levels on the treadmill as well as the speed. Levels keep you honest.
- * HR = Heart Rate, can be perceived exertion or a range. Advanced athletes will work with ranges.

Strength Marker Set: you may do your 3+ minute plank series before your run, but please do not do leg strength work unless you are more than half way through your training season and are feeling strong.

1-mile warm-up slow run/walk

2x400 @ aerobic pace - HR easy, able to talk and enjoy w/ 1 minute recovery between intervals.

2x400 @ tempo pace - move HR to labored breathing – keep under a burn in muscles
w/ 1 minute recovery between intervals

***1 MILE MARKER Timed – your fastest mile at your best effort.**

You may use your current run/walk interval.

- Run 4 laps track laps or 1 mile road/treadmill at constant speed you think you can withstand for the entire mile. Don't pace yourself. Work at your best effort and hold on strong!
- If you can time each lap (or lap the lap), that is ideal to see if you held pace.
- Get your Heart Rate right after the mile (monitor or 10 second pulse count).
- Note your HR in beats per minute. (6x10sec count = BPM for run)
- This should be your maximum heart rate (HR) for your run at this time in your training.

3 minute recovery

1x400 aerobic pacing, nice and easy or conversational w/30 sec recovery between
Time yourself for this seemingly easy pace. Is it the same as the beginning of training?

1x400 cool down – slow jog (or walk). It is a short cool down because you did an aerobic 400 too.

Stretch and self massage - 15 minutes – minimum

Speed work requires more attention to your self-care routine.
Please plan that time. You'll be so glad you did!