



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 – Time-Based Marker – 45 Minute Set

- A Marker is a measure of your speed/HR for a particular distance
- 400 meters/440 yards/0.25 miles is one lap around the track
- 800 meters/880 yards/ 0.5 miles is 2 laps around the track
- Distances are given for outdoor running, track and treadmill (yards/mileage)
- Be diligent about your run intensity for each set
- Be diligent about your recovery times – don't rest longer
- Heart Rate: take pulse at wrist or neck for 6 seconds and multiply by 10 to get beats/minute
- Recovery is walking slow and lowering HR between sets – don't stop movement
- Take note of the level on your treadmill for each speed
- Always use a treadmill on an incline of 1 or 2

Time-Based Training: 45 MINUTE VARIABLE SPEED WORK

***Including warm-up, but not cool-down**

Note times and heart rate for each interval

1 mile warm-up easy, social pace or a bit of walking

400 @ Moderate Pace

TAKE HEART RATE

2 minutes recovery

800 @ Moderate Pace

TAKE HEART RATE

2 minutes recovery

400 @ Hard Pace

TAKE HEART RATE

2 minutes recovery

800 @ Hard Pace

TAKE HEART RATE

2 minutes recovery

REPEAT UNTIL YOU REACH 45 MINUTES OF TRAINING

400 cool-down – slow jog (or walk)

Stretch- 15 minutes!