



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.

ROAD or TRACK or TREADMILL WORKOUT

Mixed Distance Intervals for 45 minutes

(Bring a copy of this to the track or gym)

- * An interval is a measure of your speed/HR for a particular distance
- * 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.

10 minute Warm-up slow run/walk

Timed Intervals #1:

6 minutes of:30 fast running alternated with :30 aerobic or easy running

Intensity is fast, but not all out speed or sprinting.

Increase speed about 25% of your easy running, or about 75% MaxHR (if known)

2 minutes recovery walking (please keep moving, but use this time to hydrate)

Distance Intervals:

6x100 yds - Run 100 yds fast, walk 100 yds recovery.

You can either scope this distance on a road run, or use the straight-aways on the track, or use an area where you repeat the same distance. Run 100 yds, walk back to the start.

2 minutes recovery walking (please keep moving, but use this time to hydrate)

Timed Intervals #2:

6-10 minutes of:30 strides alternated with :30 walking (depending upon speed and endurance)

Strides are segments of running where you start easy and work your way to all-out sprint

Build the speed gradually, but be sure to get to your highest intensity by the last 10 sec.

10 minute Cool-down slow run/walk – but walk for at least 2 minutes at the end before stretch

Stretch and self massage - 15 minutes - minimum

*do not do strength work in your legs on speed work day unless you are mid-to-post season