RUNNING WORKOUTS

Easy Run:
- Run 3-6 miles at an easy, conversational pace. There should be no structure, but it's helpful to work on good form.
- Run for 30-60 minutes at an easy, aerobic pace.

Tempo Run:
- Tempo is generally 80-85% effort
- Run 40 minutes with 3 x 5 minutes @ tempo pace and a 3 minute recovery in between
- Run 90 minutes with 3 x 15 minutes @ tempo pace and an 8 minute recovery in between (this is good for marathon training)

Negative Splits:
- Run 15 minutes easy, 15 minutes comfortably hard and then 15 minutes hard
- Run 2 miles easy, 1 mile at a comfortably hard pace and one mile 15 seconds faster than the previous one
- Run 30 minutes easy, 10 minutes at a hard pace, then 5 minutes as fast as you can

Hill Workout:
- 8 short hill sprint repeats with a light jog or walk down and then an easy 3 mile run
- 5 half mile hill climbs (on a gradual incline) and an easy run/walk back down for recovery

Intervals:
- 8 x 400 on a track with an easy 400 or 1:30 rest in between. The goal is to be consistent on each of the 400s
- 2 x 1000 on a track with 2 minute rest in between, then 2 x 800 with 90 second rest in between, then 2 x 400 with 60 second rest in between
- 4 x 1600 with 2 minute rest in between – this is good for long distance training

Fartlek:

- Unstructured: 3-5 mile run. Easy run the first mile, then the final miles as Fartlek intervals. This means picking an object to start to run fast and then another one to slow down – you can use trees, mail boxes, cars, lightpoles, etc. If running with a partner, you can each take a turn deciding when to run fast and when to slow down
- Structured: 1 mile warm up then 3-5 miles including 4-8 surges of 5 minutes each followed by a 2-3 minute easy run

Long Run:

- Use periodization – build for 2 weeks, then do a step-back
- Long run pace should be about 30-45 seconds per mile SLOWER than anticipated race pace
- Do only one long run per week
- Be sure to warm up a mile or 2 before settling into your long run pace
- Follow the rule of 10% - never increase more than 10% mileage each week

Sample week:

Monday – rest
Tuesday – intervals
Wednesday – easy workout
Thursday – tempo
Friday – rest
Saturday – long run
Sunday – easy workout