

# **RUNNING WORKOUTS EXPLAINED**

Every speed workout should begin with a warm-up of about 10-15 min, and a cool-down of the same time. Be sure to stretch right lightly after the warm-up, and more thoroughly after the workout, especially calves and hamstrings. Do light stretching after easy runs as well.

Recovery time on all these sorts of intervals should be slow, easy jogging, or walking. It is important to keep moving to stay flexible and loose.

## **Types of workouts**

**Easy runs (E)**, just a reasonable pace that you feel comfortable with. Being able to lead a conversation is a good indication of level of effort.

**Long runs (L)**, which build endurance and strength. Same speed as on the easy runs.

**Repeats (R)**, with the purpose of improving anaerobic capacity, to improve speed and running economy. Your speed should be about 800 meter race pace. Recovery time is as long as you need to fully recover. The important thing is to be able to run the next interval just as quickly as the previous one. The length of these repetitions is between 30 seconds and 2 minutes, but not longer. Effective time running at R pace should not be longer than **5% of weekly mileage**. This type of quality work should be done on the track or on flat grass. Benefits running economy and technique.

**Threshold running (T)**, with the purpose of building stamina and getting used to running fairly fast without suffering from high accumulations of lactic acid in the blood. Can be in "Threshold interval" format (**Ti**) or just steady tempo runs. The speed is about 10-15 s slower per kilometer than your 10 km race speed. Another way of describing this speed is the pace that you can maintain for about 1 hour. Yet another rule of thumb is **85% of your Max HR**. Tempo runs are about 15-30 minutes, threshold intervals are about 3-10 min. each. Effective time spent running at T-pace should be up to **8% of weekly mileage**. Remember this should feel like fairly comfortable speed. If it doesn't, slow down your speed a little. This type of quality work can be done on the trails, but be careful to not push yourself too hard up the hills. You may occasionally want to use the track for these workouts, since you can monitor your speed and more easily avoid going too fast (or too slow).

**Long Intervals (I)**, with the purpose of maximizing oxygen consumption, or VO<sub>2</sub>Max. They are run at the speed you are able to keep up for 10-15 minutes. These are the "tough ones", and should not be done until you are fit enough. Intervals should not be longer than 5 minutes. The total length of this quality session should be about 6-8% of weekly mileage. Another way of describing this speed is 98 – 100 % of your Max HR. Recovery time is about as long as the duration of the intervals, or a little shorter.

**Fartlek** - a type of Threshold workout. Means "speedplay" in Swedish. Experiment, have fun and let your body decide how fast to go.

**Hills** – Can be either at **T** pace or **R** pace. Run on the ski trails. Recommended hill is "*Heartbreak Hill*". Run with a short, effective stride. Find a good rhythm, and don't start out too fast. Always aim for having something left in the tank for the last 2 or 3 repetitions.

**Strides** are short, fast runs of between 50 and 200 metres. They are run at a "comfortable sprint" pace (i.e. as fast as you can go without tying up and losing good form.) A typical Strides session might be 6 x 20 seconds following a 30 minute easy run. Strides help with improving flexibility and coordination; quicker leg turnover forces you to coordinate your movements to prevent tripping or stumbling. You also gain improved running economy - training your muscles to run fast and relaxed over a short distance will translate into faster, relaxed running over longer distances.

Good luck, and HAVE FUN!

-Robert