



9 RUNNING WORKOUTS
**TO HELP YOU
RUN FASTER**

Do you want to spice up your runs AND be able to improve your next race time? How would you like to build more muscle and feel more powerful when you are out there running?

If you are an intermediate runner who finds yourself running the same pace for every run, try mixing in 1-2 of these quality workouts into your weekly routine. You will be impressed with the subtle but powerful changes this can make to your body and your overall running experience.

Before you get out there and run, check out the following chart to learn some basics about these workouts:

WORKOUT TYPE	EFFORT LEVEL (Perceived Exertion Rate between 0-10)	PURPOSE
THRESHOLD	6-7/10 Comfortably hard pace you can maintain for 15-20 minutes.	To improve endurance
INTERVALS	8/10 Hard pace you can maintain for 10-15 minutes in a serious race.	To improve your aerobic capacity (VO2 Max)
REPITITIONS	9-10/10 Faster than your interval pace. Your mile race pace.	Improve your speed and economy

Would you like to know your recommended pace for each workout type?

[Click this line for your FREE Running Pace Calculator](#)

No matter the race ahead, feel free to play around with the following run workouts. Introduce one per week into your current running regime. Be sure to start and end every run with a 10-20 minute easy pace jog.

THRESHOLD

- 1 | 2x10 minutes at TEMPO pace with 2 min jogging recovery between 10 minute intervals
- 2 | 3x1 mile at TEMPO pace with 1-2 minute jogging recovery between miles
- 3 | 5x5 mins at TEMPO pace with 1 min jogging recovery between 5 minute intervals

INTERVALS*

- 4 | 3x800 meters at INTERVAL pace with 3 min jogging recovery between intervals
- 5 | 4x5 minutes at INTERVAL pace with 4 minute jog recovery between 5 minute intervals
- 6 | 4x400 meters at INTERVAL pace with 400m jog recovery

REPETITIONS*

- 7 | 4x400 meters at REPETITION pace with 400m jog recovery between reps
- 8 | 8x200 meters at REPETITION pace with 1-2 min jog recovery
- 9 | 6x30 second hills at REPETITION pace with 90 second recovery jog between each hill

*Intervals and Repetition runs are super fun to do on a track. However, If you don't have access to a track, you can convert the meters to miles or time and do them on the road or treadmill.

Expert Running Tip: Make sure you keep your EASY runs EASY! They should be at a 3/10 for perceived exertion (or a comfortable conversational pace) and make up 80-85% of your overall weekly running mileage. They help to build a solid running base, strengthen your heart, increase blood flow to muscles, and prevent injury.