

WORKOUTS

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Here are some specific workouts that will help you reach your goals.

AEROBIC WORKOUTS

Purpose: To improve the aerobic system.

Duration: From 20 minutes to 3 hours or more!

Intensity: Less than 80% of maximum heart rate or a “perceived effort” of easy to comfortable.

Sample workouts:

20-60 minutes at 75-80% maximum heart rate (comfortable)

1 to 3 hours at 65 to 75% of maximum heart rate (easy)

ANAEROBIC THRESHOLD WORKOUTS

Purpose: To raise the anaerobic threshold (raise your racing speed)

Duration: Long intervals or steady state runs.

Intensity: Typically 85% of maximum heart rate or a “perceived effort” of somewhat hard.

Sample workouts:

Tempo run of 20-30 minutes.

Tempo run of 2-6 miles.

3 X 10 minutes with 2 minutes recovery between efforts.

5 X 5 minutes with 1 minute recovery between efforts.

5 X 1200 meters with 400 meters between efforts.

4 X 1 mile repeats with 2 minutes between efforts.

ANAEROBIC WORKOUTS

Purpose: Increase speed.

Duration: Short intervals.

Intensity: Typically 90-100% of maximum heart rate or a “perceived effort” of hard to very hard.

Sample Workouts:

8 X 400 meters with 400 meters between efforts.

4 X 800 meters with 400 meters between efforts

10 X 200 meters with 200 meters between efforts.

8 X running the STRAIGHTS at track hard and running the CORNERS easy.

10 X 1 minute hard and 1 minute easy.

NOTE: Always warm up with 1 mile or 10 minutes of running before doing any kind of speed work (anaerobic threshold or anaerobic efforts). Try to do some type of speed

workout 1-2 days per week on non-consecutive days. Remember too that the majority of training in the week should be of the aerobic variety, that's about 80% of your weekly volume.