Speedwork!

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Incorporating speedwork into your training plan will allow you to practice your race pace in segments with track work - preparing you to kill it on race day. Tempo and 'threshold' work will help build your aerobic strength and general fitness. Hills, strides, and 200m repeats will tap into your turnover and make you more efficient in form and speed when during a tired last segment of your race. All of this will prepare you to race competitively and work towards faster times!

Percent Effort / Rate of Perceived Exertion - general scale referred to below

Adjustments to the above graphic

10 - race effort, a race may start at 8 and progress into 10 in the last segment.

Strides

9 - track efforts, speed work, able to complete the workout but it is an effort and accomplishment to do so! Breathing shouldn't be gasping but certainly heavy

8 - Tempo effort,
"playing with fire": on the edge of feeling the lactic acid build-up but not getting it, could talk if needed but don't really want to.
comfortably uncomfortable.
Longer fartlek repetitions will live in this zone.
End of a progression run.

7 - a ramp between maintenance run and fartlek/ tempo efforts

6 - 4 Range of a maintenance run, room to determine if you felt poor or superb

1 - 3 as written in above graphic

The descriptions following anticipate that the runner has a general base of ~ 30 miles per week for a month of base training - then you will be primed and ready to take on these race-prep workouts!

If you are starting from the base mileage training, begin with the "Beginner" workouts and move on to "Intermediate" and "Advanced" after about 2 rounds of workouts at that level.

Structuring training weeks!
Don't forget to include down weeks in intensity and mileage as you add on the weeks of miles and workouts.

A runner's body won't hold up well to prolonged increase in both intensity with workouts and weekly mileage - if you want to increase mileage, keep your intensity consistent or even slightly backed off, the reverse applies for when you want to increase intensity -- maintain or back off mileage.
You will progress upward by slowly increasing one or the other. As you build this upward progression, keep track of your weeks.

It is suggested to do 3 weeks out of a 4 week training block of slight progression in intensity of workouts with consistent mileage. The fourth week in a block will be a down week, allowing your body to absorb the past 3 weeks' efforts by decreasing weekly mileage by about 10 miles and taking a small step back in the workouts that week.
The best time to ramp up weekly mileage is during a base building time before you do workouts. Once you are used to having a higher weekly mileage on a consistent basis, then add in the workouts.

This is all to help the longevity of your running season. It's hard to constantly increase and climb in your training every week, the body and mind need breaks in order to recover and reap the benefits of your work. You can only train as hard as you recover.
Listen to your body to know when you may need some down time after a long training season. Taking 2 rest/ down weeks every 3 months to restart your training process from base mileage will be best for your mental and physical health.

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Weekly set up:
2 workouts a week, at least one day apart, preferably 2 days apart

Monday- Recovery / Maintenance run, strides
Tuesday - Workout
Wednesday - Recovery / Maintenance run
Thursday - Recovery / Maintenance run, strides
Friday - Workout
Saturday - Recovery / Maintenance run
Sunday - Long Run

Workout #1 - anything else listed below! (Primary effort)
Workout #2 - Tempo effort (Secondary/ strength effort)

Example training block - Beginner (WOs pulled from segments below)
Week 1: 35 mile week,
WO1 - 6x30sec on/ 30 sec off ,
WO2 - Tempo 5mins on tempo, 2 minutes jog x 3
Week 2: 35 mile week,
WO1 - Longer/ less steep hills 4-6 reps
WO2 - 8 mins on tempo/ 3 min jog, 7 min tempo/ 2 min jog, 6 min tempo
Week 3: 35 mile week,
WO1 - 3x 800m at 5k race pace
WO2 - 2 mile tempo run
Week 4: 25 mile week,
WO1 - Fartlek 4x1min on, 1 min off
WO2 - 5mins on tempo, 2 minutes jog x 3

Definitions
Progressive run: increase the speed in your run about 10-20 seconds in the latter 1/3rd of your run, or start speeding up in the second half of your run. Not reaching a race level pace but could be 30-40 seconds slower than your tempo effort.
Can be done on a Wednesday recovery run and/ or a long run only if your body feels recovered enough to do so, progression runs shouldn't turn into another workout but naturally letting your body speed up slightly - if it's not coming then don't push it.
Recovery run: Throw away the watch, do what's best for your body, chill mentally and physically.
Base/ Maintenance run: a run that is ideally 2 minutes slower than your mile race pace/ 1 minute slower than your tempo pace.

Strides
Uses: For practicing a finishing kick in races, responding to a challenging competitor's move, getting off the starting line to find a good position, practicing efficient form
Great to do in preparation for a speed workout the following day (strides Monday before Tuesday tempo), Gets your body moving and turning over without tiring it out too much.

Definition: Sprint using your best running form, building from jog to 95% -100% max speed and jogging to decelerate - never stopping abruptly - save the knees!
Form:
   - Arms pointing forward/ not moving across chest, bring them from your pants pocket to face or "cheek to cheek" shoulders relaxed down and back,
   - Good back posture, slight lean forward but not hunching forward, driving your knees forward,
   - Get your feet down to the ground as fast as you can,

- Eyes up and looking at the finish,
- Bring your heel directly up to your hamstring and down to the ground quickly (*figure b below*)

2 days a week do strides after run:
Beginning with 2 opening strides to start/ prepare your body

Option 1: 2 opening strides ~100m @90% effort
  + 4-6 100m <u>progressive strides</u> (get faster each one)

Option 2: 2 opening strides Make a physical shift in pace each 30m, quick feet, lift and drive knees, pump your arms

  + <u>Fly 30s</u>: Breaking ~100m into 3 sections of 30/30/30m, shifting pace at each 30m.
  + Example: 30m opening stride/ 30m acceleration/ 30m at top speed.

Option 3: 2 opening strides
  + <u>Extending top speed</u>: powering off from a standing start to practice getting off the line fast,
  + start 20m, 30m, 40m etc

Fartleks (Choose any one of the below options under Begin./ Inter./ Adv.)
<u>Definition</u>: Time and effort based workout, not typically guided by paces or distance. Great for if you don't have access to a track or GPS watch, use a simple stopwatch.
"Off" or Rest is an active recovery - jogging at a more relaxed pace with a normal stride, but not a shuffle/ walk/ stop.
"Half Rest" = rest is half of the time of the previous repetition
"On" =
Longer reps (5mins and above) @ 80% effort,
medium length reps (2min/ 3min/ 4min) @85% effort,
short reps (1 min or 3 sec) @90-95% effort

Beginner-	Intermediate-	Advanced-
1. 6x30 sec on, 30 sec off	1. 10x 30sec on, 30 sec off	1. 2 sets -6x 30 sec on, 30 sec off. 2 mins off between sets
2. 4x1min on, 1 min off	2. 8x1min on, 1 min off	2. 10x1min on, 1min off
3. 2x2min on, 1 min off	3. 4x2min on, 1 min off	3. 4x2min on, 1min off
4. 3,2,1 on, half rest	4. 3x3min on, 90 sec off	4. 4x3min on, 90 sec off
5. 2, 2, 1, 1 min on, 1 min rest	5. 3, 2, 2, 1, 1 on, half rest	5. 5, 4, 3, 2,1 on, half rest
	6. 4, 3, 2, 1 on, half rest	6. 2 sets of 3, 2, 1, on, half rest

Tempo runs

Tempo pace is 1 minute slower than your current mile PR/fitness. Or 1 minute faster than your quality/normal run pace.

Example: Current mile race time (100% effort) = 6 min mile, tempo pace (80-85% effort) = 7 min mile pace, quality run/ typical run (60% effort) = 8 min mile pace

Generally, effort should be where you could talk if you needed to but don't particularly want to.

Beginner- each option (1, 2, 3, etc.) progressing from the previous one
1. 5mins on tempo, 2 minutes jog x 3
2. 8 mins on tempo/ 3 min jog, 7 min tempo/ 2 min jog, 6 min tempo
3. 2 mile tempo run
4. Progress distance by a half mile every week, stopping at a 3 mile tempo

Feel free to spend an extra week at any of the above options in order to get the quality/ pace of the tempo faster or closer to predicted tempo time- before moving up in distance.

Intermediate-
1. 8 min on tempo, 2 minutes jog x 3
2. 10 mins on tempo/ 4 min jog, 5 mins on tempo
3. 2 mile tempo run
4. Progress distance by a half mile every week, stopping at a 5 mile tempo

Feel free to spend an extra week at any of the above options in order to get the quality/ pace of the tempo faster or closer to predicted tempo time- before moving up in distance.

Advanced-
1. 10 minute tempo/ 4 min jog, 10 minute tempo
2. 3 mile tempo run - progressing a mile every other week, stopping at a 6 mile tempo
3. Add in 30 second sprints/ 30 second rest intervals x 4-8 reps (progressing the reps each week) after you finish the tempo, take a few minutes to jog and catch your breath before starting.

Track workouts-

800m
Utilizing threshold paces defined below or 90% effort.

Beginner- 1. 3x800m at threshold/tempo pace (50 seconds slower than mile PR/ fitness) 90 seconds standing rest between 2. Progress to 4x800m	**Intermediate**- 1. 4x800m at threshold pace (20-30 seconds slower than mile fitness pace) 90 seconds standing rest 2. Progress to 5 then 6x 800m reps	**Advanced** - 6-8x800m at threshold pace (20 seconds slower than mile fitness) 60-90 seconds standing rest

1000m
10k - 5k pace

Beginner- 3x1000m at 85% effort, 60-90 seconds rest	**Intermediate** - 1. 4x 1000m at 85%, 60-90 seconds rest 2. 5x1000m at 85%, 60-90 seconds rest 3. 3x1000m - first rep at 85% progressing to third rep at 90%, 60-90 seconds rest	**Advanced** - 1. 6x1000m at 85%, 60-90 seconds rest 2. 6x1000m - first 2 reps at 85% progressing to final 2 reps at 90%, 60-90 seconds rest

400m
Progressing pace example: 2x400m @92, 2x400m @90, 2x @88, 2x @86

Beginner- 1. 4x 400m at mile pace, 2 min rest 2. 5x400m at mile pace, 2 min rest 3. 5x400m, 90 second rest 4. 5x400m progressing pace, 90-2 mins rest	**Intermediate-** 1. 6x400m at mile pace, 90sec-2min rest 2. 6x400m progressing pace, 90 - 2min rest	**Advanced-** 1. 8x400m at mile pace, 60-90 sec rest 2. 8x400m progressing pace, 90-2min rest

200m
Pacing could be starting at your mile fitness pace and working down from there over the course of the reps
Example - 6 minute mile fitness/ 45 second 200m reps, start at 45
- each rep / every other rep the first few times you do this workout, quicken the pace by one second each repetition. This is basically quantifying the 90-95% effort change,
- 1st and 2nd 200m @ 45sec, 3rd/ 4th @ 44, 5th/6th at 43 sec. Or start at 45 sec and work down to 40 sec
- .If you do fewer reps, you can run the 200s at a pace closer to your 400m race effort

These efforts don't have to be on a track.
- If you want a specific pace work for your mile race pace, it is best to do these on the track to record your splits to know you are on pace.
- If you don't have a track, dial into the effort-based feel to guide your workout: measure about 0.12-0.13 mi (half of 0.25 mi) on your street, or just run for about 40 sec at (or the general amount of time your 200m split would be) and jog for 40 sec

Beginner- 6x200m at 90% effort, increase to 95% effort, 200m jog rest	**Intermediate-** 8x200m 90-95% effort, 200m jog rest	**Advanced-** 8-10x200m 90-95% effort, 200m jog rest

Hills!
Dependent on your access to them, can be short and steep or long and gradual, all helping in strength and speed. Choosing a hilly route for a normal run will be a great way to get in strength work as well, little added challenge. Create combination workouts with multiple sets of differing hills!

Shorter and steeper hills:
Beginner- 6x 30sec uphill @ 95% effort, jog down
Intermediate- 6-8x 30-45 sec uphill @ 95% effort, jog down
Advanced- 10x 30-45 sec uphill @ 95% effort, jog down

Longer hills: *Going based on your long hill, not time*
Beginner- 4-6 reps @ 90% effort, increasing to 95% as you reach the top, jog down
Intermediate- 6-8 reps @ 90% effort, increasing to 95% as you reach the top, jog down
Advanced- 8-10 reps @ 90% effort, increasing to 95% as you reach the top, jog down