

SPEEDWORK IDEAS – ROAD

Workout	Good for	Adaptations	Points to remember
<p>Intervals</p> <ul style="list-style-type: none"> • Decide on a distance you want to run • Do a mile or so to warm up • After that do the first 0.25 of each mile fast and jog the remaining 0.75 • Do a slow jog to cool down 	<ul style="list-style-type: none"> • Increasing the speed you can run comfortably (inside your aerobic threshold) • Increasing your VO2 max 	<ul style="list-style-type: none"> • To make it easier use shorter intervals (such as fast running between lampposts) and longer recoveries • To make it harder use longer intervals (no more than three minutes), reduce the recovery, increase the amount of repetitions 	<ul style="list-style-type: none"> • Only do one of these sessions a week • Keep the recovery slow • Don't let your fast intervals go over three minutes (this is the longest you can train the body anaerobically in one go)
<p>Tempo run</p> <ul style="list-style-type: none"> • Do an easy jog to warm up • Run the majority of your run at a pace that is faster than your normal pace (not an all out sprint but 'comfortably hard') • Do a slow jog to cool down 	<ul style="list-style-type: none"> • Increasing the length of time you can run fast before you get tired (by increasing your lactate threshold) • Good for increasing speed over longer distances (over 10k) 	<ul style="list-style-type: none"> • To make it easier do a shorter distance at the faster pace, or decrease the pace • To make it harder do a longer distance at the faster pace, or increase the pace 	<ul style="list-style-type: none"> • You should be running at a pace that is 'comfortably hard' – if you were talking you should be able to say a few words but not have a complete conversation