

RUN // HILL REPEATS // 02 REPS PER SET**WORKOUT SETS****44.00****WARM UP****REPS****EFFORT****Time (Min)**

Easy Warm Up Jog

1

Z1 - Z2

5

LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH, CARS

1

per side

5

MAIN SET**REPS****EFFORT****TIME****SET 1**

Treadmill Grade = 8% // Run 20 sec @ 85% effort

2

Z3-Z4 // Harder than race effort but not all out

0:00:20

Walk 1:40 for recovery between sets

2

Steady, but not easy

0:01:40

SET 2

Treadmill Grade = 9% // Run 20 sec @ 85% effort

2

Slightly higher than goal pace

0:00:20

Walk 1:40 for recovery between sets

2

Steady, but not easy

0:01:40

SET 3

Treadmill Grade = 10% // Run 20 sec @ 85% effort

2

Faster than goal pace

0:00:20

Walk 1:40 for recovery between sets

2

Steady, but not easy

0:01:40

SET 4

Treadmill Grade = 12% // Run 20 sec @ 85% effort

1

Slightly faster than Set 3 pace

0:00:20

Walk 1:40 for recovery between sets

1

Steady, but not easy

0:01:40

SET 5

Treadmill Grade = 1% // Run 10 minutes at Race Pace Effort + 0.50 mph

1

Race Pace + 0.50 mph

10

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COOL DOWN**REPS****EFFORT****Time (Min)**

Easy Cool Down Jog

1

Z1 - Z2

5

Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg

1

Each Side

5