

<u>RUN // INTERVALS + RACE PACE LADDER</u>			GROUP A	GROUP B	GROUP C	
WORKOUT SETS			46.00	45.00	42.00	
<u>WARM UP</u>		REPS	<u>EFFORT</u>	<u>Time (Min)</u>	<u>Time (Min)</u>	<u>Time (Min)</u>
Easy Warm Up Jog		1	Z1 - Z2	3	3	3
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH, CARS		1	per side	5	5	5
<u>MAIN SET</u>		REPS	<u>EFFORT</u>	TIME	TIME	TIME
<u>SET 1</u>						
Build		1	Slightly higher than goal pace	5	4	3
Smooth running // keep form // not easy but steady		1	Steady, but not easy	2	2	2
<u>SET 2</u>						
Build		1	Slightly higher than goal pace	3	3	2
Smooth running // keep form // not easy but steady		1	Steady, but not easy	2	2	2
<u>SET 3</u>						
Build		1	Faster than goal pace	2	2	2
Smooth running // keep form // not easy but steady		1	Steady, but not easy	2	2	2
<u>SET 4</u>						
Build		1	Slightly faster than Set 3 pace	1	1	1
Smooth running // keep form // not easy but steady		1	Steady, but not easy	2	2	2
<u>SET 5</u>						
Build		1	Slightly higher than goal pace	2	2	2
Smooth running // keep form // not easy but steady		1	Steady, but not easy	2	2	2
<u>SET 6</u>						
Build		1	Goal Pace	3	3	2
Smooth running // keep form // not easy but steady		1	Steady, but not easy	2	2	2
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<u>COOL DOWN</u>		REPS	<u>EFFORT</u>	<u>Time (Min)</u>	<u>Time (Min)</u>	<u>Time (Min)</u>
Easy Cool Down Jog		1	Z1 - Z2	5	5	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	5	5