

Generic Lactate/Anaerobic Threshold-Improving Speed, Tempo, and Hill Repeat Workouts (do these in their sequences)

Speed Workouts

8x30/30 Note: 30/30 means 30 seconds at all-out mile race pace followed by 30 seconds slow jog to recover as much as possible in the time allotted

10x30/30

12x30/30

6x60/60

8x60/60

10x60/60

4x2:00/2:00

5x2:00/2:00

3x3:00/3:00

4x3:00/3:00

4x2:00/4:00 - These are at a slightly faster pace due to double the recovery time - designed for sharpening/peaking (Velocity VO2 Max)

6x1:00/2:00 - These are at a slightly faster pace due to double the recovery time - designed for sharpening/peaking (Velocity VO2 Max)

Tempo Runs

Flat runs (no less than 15 mins, but 3 miles maximum) at 15-20 seconds per mile slower than race effort. Each of these workouts, try to finish a bit faster than previously.

Hill Repeats

Note: Done on a relatively steep hill. Run up hard and jog back down. 10x:15 means 10 reps of hard uphill for 15 seconds and jog down.

10x:15

8x:30

6x:45

5x1:00

4x1:30

3x2:00

3x3:00

Notes:

Always warm-up and cool down with a minimum of 10 minutes of run/walking.

Stretch after the warm-up and again after the cool down.

The recovery phase of repeats is meant to be easy enough to allow sufficient recovery so you can change gears.

If monitoring heart-rate, wait until it drops back to about 125 beats per minute before beginning next repeat.

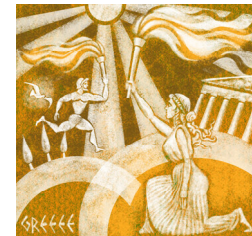
Try to progressively get a bit faster or at least do the same pace on each subsequent repeat. Start the repeats conservatively!

If you can't maintain about the same pace on each subsequent repeat, you've done enough for today!

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Build Fitness One Step At A
Time



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