

SPEED IMPROVEMENT TRAINING # 1



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Overview:

Distance – 5 -6 miles (8-9km) or around 1 hour.

Ideal Terrain – Flat or slightly undulating.

Intensity – High

Purpose – Speed Endurance

Equipment –Watch or Stopwatch

Exertion Scale:

All runners have a varying degree of ability in terms of fitness levels and genetic variances. It is for these reasons that marathon consultancy advises all runners to use the following exertion scale as a guide to the intensity we advise you to run at.

1. Sitting on the Couch doing nothing
2. Walking slowly
3. Brisk Walk
4. Power walk or very light jog
5. Gentle jogging pace (Comfortable pace)
6. Tempo run
7. Quick Run, your pace for a one mile race
8. Fast run, a lot of concentration required, only sustainable for 4-5mins
9. Very fast run, only sustainable for 60-90secs
10. 100% all out sprint.



Warm up:

As always, begin your run gently. Never begin a training run at speed. Set off for the session at a gentle and comfortable pace (Exertion level 5). After 5 mins, stop and stretch out all the major muscles and then set off again at a comfortable pace for another 5 mins.

The Workout:

2 Sets of high intensity running bouts at 2 different speeds.



Once you have completed your 10 minute warm up, have your watch or stopwatch ready and mentally prepare yourself for a taxing 5-6 miles.

Set 1

After the warm up, reset your stopwatch to zero and significantly increase your pace for 3 minutes to exertion level 8. Once completed, reset the stopwatch and drop your pace to level 4 or 5 for 5 minutes. Once the 5 minutes has elapsed repeat the set again. Perform this set 3 times.

Set 2

After the last 5min recovery jog of Set 1, reset the stopwatch and set off on a level 9 run for 60 seconds. Once completed, reset the stopwatch and drop your pace to level 4 or 5 for 2 minutes. Once the 2minutes has elapsed, repeat the set again.

Perform this set a maximum of 8 times.

This workout can be summarised as:

10 minute warm up

3 x 3 minute runs at exertion level 8 with 5mins recovery at level 4-5.

Followed by

Up to 8 x 60 second runs at exertion level 9 with 2 minutes recovery at level 4-5.

Cool Down:

Once you have completed the session, or feel you are unable to continue it is important to enter a cool down phase. After the session, begin an “active recovery” by exercising at exertion level 3-4 for at least 5 minutes. This will allow your heart rate to slowly return to normal and prevent a condition known as “Blood Pooling” which can leave you disorientated and dizzy.

Tips:

This session can be easily adapted if you find it either too easy or too hard.

If you find the session too difficult, simply reduce the time or pace of your quick run. If you find it too easy, try reducing your recovery time or increase the speed of your recovery runs