

Speed and Cardiovascular Training

Speed Ladder

1. Warm-up 2 laps (800m)—very easy jogging (@ “conversation pace”)
2. Dynamic stretches: carioca (R/L), basketball shuffle (R/L), straight leg bound
3. Stride (or “pick-up”) (time pending)
 - i. Jog 100m (curve of track), then accelerate to about 85% for about 100m
4. Main set
 - a. 200m, 400m, 600m, (600m), 400m, 200m with 1:1 time-based recovery
 - i. Recovery after certain intervals will include 200m walk/jog
 - ii. Effort = Adjust accordingly, 7.5-9 out of 10
 - b. Total = 1800-2400m
5. Cool-down
 - a. 400-800m @ conversation pace
6. Static stretching or yoga on your own

400 Meter Repeats

1. Warm-up 2 laps (800m)—very easy jogging (@ “conversation pace”)
2. Dynamic stretches and/or strides: ~5:00 on your own
3. Main set
 - a. 6-8x x 400m with 1:1 time-based recovery
 - i. Walk/jog the second half of your recovery (down and back straight-away)
 - ii. Effort = 8.5 out of 10
 - b. Total = 2400-3200m
4. Cool-down
 - a. 800m @ conversation pace
5. Static stretching or yoga on your own

1000 Meter Repeats

1. Warm-up 2 laps (800m)—very easy jogging (@ “conversation pace”)
2. Dynamic stretches and/or strides: ~5:00 on your own
3. Main set
 - a. 3 x 1000m with 3:00 recovery
 - i. Walk/jog the second half of your recovery (down and back straight-away)
 - ii. Effort = 6.5 out of 10
 - b. Total = 3000m
4. Cool-down
 - a. 800m @ conversation pace
5. Static stretching or yoga on your own



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The 30 For 30

This workout is inspired by resources from *Trail Runner Mag* and features VO_{2max} intervals (short, intense, but controlled) in a fartlek framework (a Swedish term that means, “speed-play” in which intervals are time-based rather than distance-based).

This is a nice alternative option, especially when you don’t have access to the track or a trail with regular markers. You simply run harder or easier for the prescribed time. An interval of 30 seconds would likely be on the very short end of intervals that would improve your 1.5- or 2-mile run.

- » Warm-up: 5 minutes easy jog
- » Workout: 15-20x 30 sec fast, followed by 30 sec easy jog so, it’s really the ‘20 for 30’

- » Cool-down: 5 minutes easy jog

So, importantly, how fast is “fast?” We can look to commentary from Coach David Roche for guidance: “Most athletes will gravitate toward somewhere between mile and 5k effort during the fast portions, allowing them to spend a lot of time at fast paces without accumulating too much residual fatigue. Easy sections are at normal easy effort, rather than a slow slog. It’s a great intro workout because each interval is almost done as soon as it begins...”

So, each interval is **not** a 30-second all out sprint, but a pace closer to your 1.5- or 2-mile race pace. We want the last 30-second interval to be as high quality as the first. Don’t gas yourself early!

Kenyan Hills

What are they?

Kenyan Hills are a popular training technique in Kenya and other west-African countries, characterized by:

- » Running up a 30-60s hill segment that’s not killer (~3-6% grade)
- » Running back down the 30-60s hill segment
- » **Continuous** tempo-like effort

- » Counterintuitive because you usually think ‘all-out’ on the uphill section and ‘rest’ on the downhill section
- » Training Circuit:
 - » 6 min, 5 min, 4 min, 3 min “hard”; 2 min recovery in between

