

**Tuesday, Sept. 1, 2009**  
**Speed Run**



WU 1 mi build from ez to moderate pace.

4 x 15 sec pickups\* w/ 15 sec walk recovery.

4 x 30 sec pickups w/ 30 sec walk recovery.

6 x ¼ mi intervals on 2 min walk recovery.

Intervals should be done slightly faster than race pace (Subtract 30 seconds from race pace and divide by 4 for ¼ mi).

CD 1 mi ez jog, end with walk.

Static stretch

\*Pickups – build speed throughout time period, hitting top speed at very end of time period.