

Tuesday, Sept. 15, 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.
4 x ½ mi intervals on 2 min walk recovery.
Intervals should be done slightly faster than race
pace (Subtract 20 seconds from race pace
and divide by 2 for ½ mi)
4 x ¼ mi intervals on 1 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.