

# SPEED WORKOUT – 3km TIME TRIAL

## Warm Up

- 5 minutes slow-paced jogging
- 3 Sets of Strides
  - Run 75m (approximate) at a fast pace (about 80% of your sprint speed)
  - Jog back slowly. THIS EQUALS 1 SET
  - REPEAT FOR 3 SETS IN TOTAL
- Rest for 3 minutes

## Main Workout (3K Time Trial)

- Run continuously for a total distance of 3km at as fast a pace as you can maintain throughout the run

## Cool Down

- 5 minutes slow-paced jogging

## Workout Notes

- This workout should be done on a flat route.
- Try to maintain an even pace throughout the time trial (don't start too fast, nor too slow).
- You should be breathing hard by the halfway point and you should be very uncomfortable by the end, feeling like you could not have run another metre!
- Any time trial is a 'test'; give it 100% and use it as a chance to benchmark your current fitness level. Good luck!