

# SPEED WORKOUT – 200m & 400m

## 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 (200m/400m)

- Run at a fast pace for 200m
- Recovery for 200m
- Run at a fast pace for 400m
- Recovery for 400m
- REPEAT continuously for a total of either 20/25/30 minutes

### BEGINNER

20 MINUTES  
RECOVERY PACE = WALKING

### EASY

20 MINUTES  
RECOVERY PACE = WALKING

### MEDIUM

25 MINUTES  
RECOVERY PACE = SLOW JOGGING

### HARD

30 MINUTES  
RECOVERY PACE = SLOW JOGGING

## Cool Down

- 5 minutes slow-paced jogging

## Workout Notes

- This workout must be done on a flat route. Your 200m fast-paced running should feel like approximately 90% of your maximum sprinting speed. Your 400m fast-paced running should feel like approximately 80% of your maximum sprinting speed.
- You should be out of breath by the end of each segment of fast-paced running (for both 200m and 400m). If you are not breathing hard, then you are not pushing hard enough! The period of walking/slow jogging is your recovery time, which allows your heart rate to lower so that you can push hard again on the next fast-paced segment.
- Be tough! It's important to keep pushing hard during the second half of the workout, during the fast-pace running segments.