SPEED WORKOUT – 800m INTERVALS

Warm Up

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

Main Workout (800m Intervals)

- Sprint for 800m
- Rest completely for 3 minutes
  - o 1 sprint + 1 rest = 1 REPETITION
- REPEAT for a total of either 3/4/5/6 repetitions

BEGINNER
3 REPETITIONS

EASY
4 REPETITIONS

MEDIUM
5 REPETITIONS

HARD
6 REPETITIONS

Cool Down

- 5 minutes slow-paced jogging.

Workout Notes

- This workout must be done on a flat route.
- Your fast-paced running should feel like approximately 80% of your maximum sprinting speed.
- The objective of an interval workout is to run at the same pace for every repetition (not to fade as the workout progresses).