

SPEED WORKOUT – STRAIGHTS

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 (Straights)

- Sprint for 100m
- Walk for 50m, then slow jog for 50m
 - 1 sprint + 1 recovery period = 1 REPETITION
- REPEAT for a total of either 8/12/18/24 repetitions

BEGINNER

8 REPETITIONS

EASY

12 REPETITIONS

MEDIUM

18 REPETITIONS

HARD

24 REPETITIONS

Cool Down

- 5 minutes slow-paced jogging

Workout Notes

- This workout should ideally be done on a flat route.
- Your speed on each fast-paced segment should feel like your maximum sprinting speed. Once you reach the 50m point (approximately), try to accelerate even faster for the next 50m!