

SPEED WORKOUT – 300m BURSTS

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 (300M Bursts)

- Run at a fast pace for 300m
- Walk for 100m
 - 300m run + 100m walk = 1 REPETITION
 - REPEAT for either 2, 3 or 4 repetitions = 1 SET
- Take 2 minutes rest after each completed set
 - REPEAT for a total of either 3 or 5 sets

BEGINNER

3 SETS OF 2 REPETITIONS
6 REPS IN TOTAL, WITH 2 REST PERIODS

EASY

3 SETS OF 3 REPETITIONS
9 REPS IN TOTAL, WITH 2 REST PERIODS

MEDIUM

3 SETS OF 4 REPETITIONS
12 REPS IN TOTAL, WITH 2 REST PERIODS

HARD

5 SETS OF 3 REPETITIONS
15 REPS IN TOTAL, WITH 4 REST PERIODS

Cool Down

- 5 minutes slow-paced jogging

Workout Notes

- This workout should ideally be done on a flat route.
- Your fast-paced running should feel like approximately 90% of your maximum sprinting speed.
- The objective of this speed workout is to run at the same pace on every repetition throughout the workout.
- Be tough! This workout gets harder and harder as your body fatigues. Try to finish as strongly as you started.