

SPEED WORKOUT – 500m INTERVALS

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 (500m Intervals)

- Run fast for 500m
- Rest completely for 3 minutes
 - 1 run + 1 rest = 1 REPETITION
- REPEAT for a total of either 4/6/8/10 repetitions

Cool Down

- 5 minutes slow-paced jogging

Workout Notes

- This workout should be done on a flat route.
- Your fast-paced running should feel like approximately 80-90% 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).
- Be tough! The second half of the workout will be hard, but it is important to try to maintain the same speed and intensity as at the start of the workout.

BEGINNER

4 REPETITIONS

EASY

6 REPETITIONS

MEDIUM

8 REPETITIONS

HARD

10 REPETITIONS