

# SPEED WORKOUT – 200m 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 (200m Intervals)

- Sprint for 200m
- Rest completely for 2 minutes
  - 1 sprint + 1 rest period = 1 REPETITION
- REPEAT for a total of either 5/8/10/12 repetitions

## Cool Down

- 5 minutes slow-paced jogging

## Workout Notes

- This workout must be done on a flat route.
- Your speed on each fast-paced segment should feel like your top sprinting speed (push as fast as you can).
- 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**

5 REPETITIONS

**EASY**

8 REPETITIONS

**MEDIUM**

10 REPETITIONS

**HARD**

12 REPETITIONS