

SPEED WORKOUT – 200m / 1km / 200m

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 / 1km / 200m)

- Sprint 200m then walk 200m
- Repeat 2 times
- Run fast for 1km, then walk for 400m
- REPEAT continuously for a total of either 15/20/25/30 minutes

BEGINNER

15 MINUTES

EASY

20 MINUTES

MEDIUM

25 MINUTES

HARD

30 MINUTES

Cool Down

- 5 minutes slow-paced jogging

Workout Notes

- This workout must be done on a flat route.
- Your 200m pace should be a sprint (maximum pace).
- Your 1km pace should feel like approximately 80% of your maximum speed (5km race pace).
- You should be out of breath by the end of each segment of fast-paced running. If you are not breathing hard, then you are not pushing hard enough!
- The period of walking is your recovery time, which allows your heart rate to lower so that you can push hard again on the next fast-paced segment. Don't be tempted to go faster than walking during this recovery period.