

# SPEED WORKOUT – RUN & STRENGTH COMBO

## 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 (Run & Strength Combo)

- Run 200m at a fast pace
- Stop and do 10 squats
- Run 400m at a steady pace
- Stop and do 20 jumping jacks
- Run 200m at a fast pace
- Stop and do 10 squats
- Run 400m at a steady pace
- Stop and do 20 jumping jacks
- 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 should ideally be done on a flat route, but some incline is ok (just it will be harder!).
- Your 200m pace should be a sprint (maximum pace).
- Your steady running pace is equivalent to 70-80% of maximum pace (or your 10km race pace).
- Be tough! This one will hurt, but it will really help your strength and fitness.