

the tempo test run workout

This tempo run totals 6 miles, with a 0.5 mile warm-up and cool-down on either side of the main effort. You'll need to know your half marathon, 10K and 5K target race paces.

This workout shouldn't feel like a sprint (because you wouldn't actually sprint a half marathon), but make sure it feels "comfortably hard" for the entire duration. Incorporate it into your half marathon training program and repeat it every couple of weeks to test your fitness gains.

	RPE
0.5 mile warm-up	4-6
5 mile tempo: Run through the following cycle until you cover 5 miles:	
10 mins @ half marathon race pace	8
1 min @ 10K race pace	8.5
1 min @ 5K race pace	8.5
0.5 mile cool-down	6-4

Total: 6 miles