

the first to the finish workout

This can be done outside, on a track, or on the treadmill, as long as you're able to keep an eye on your distance. The rate of perceived exertion (RPE on a scale of 1-10) is indicated in the right column below, and should be used as a guide for speed. Higher = faster!

	RPE
1 mile easy warmup	4-6
2x: 0.1 miles hard, 0.4 miles moderate	9 to 7.5
2x: 0.2 miles hard, 0.3 miles moderate	9 to 7.5
2x: 0.3 miles hard, 0.2 miles moderate	9 to 7.5
2x: 0.4 miles hard, 0.1 miles easy	9 to 6
1 mile time trial - HARD!	9.5
1 mile easy cool-down	6-4

Total: 7 miles

Mix it up...

The high RPEs above indicate running at a faster pace, but if you want a bit of variety, try holding speed constant and making incline the variable instead.