

# the set the pace run workout

After a gradual warm-up, you'll do 3 very quick 1-minute sprints. These are done at the fastest pace you'll hit for the entire workout, with very easy recoveries in between. You'll progress into a tempo section, building back up to that pace, then work your way down. Add in a 5 minute cool-down to hit 50 minutes in total.

## 10 min easy warm-up

RPE  
4-6

## 5 mins: 3 fast sprints

1 min - fast as you can

9.5

1 min - easy recovery

low as possible

1 min fast as you can

9.5

1 min easy recovery

low as possible

1 min fast as you can

9.5

## 20 min tempo

7 to 9.5

Start at a moderate pace and increase speed every 4 minutes (total of 5x). Hit your max pace in the last 4 minutes.

## 10 min deceleration

9.5 to 6

Steadily reduce speed every 2 mins

## 5 min easy cool-down

6 to 4

*Total: 50 mins*