

the summer sprinter workout

Start with a 5 minute jog-to-run, steadily increasing speed and effort. Then do 5x (2 mins hard, 1 min recovery jog), followed by 5x (1 min flat-out as hard as you can, 1 min recovery jog). After a 5 minute easy run, drop the speed down on the treadmill for 3 1-minute walk intervals at a steep incline. Cool down by walking to bring your heart rate back to normal. RPE (effort out of 10) indications are provided.

..... 5 min easy warm-up, RPE 4-6

5X

(5:00-20:00)

2 minutes hard sprint @ RPE 9-9.5
1 minute very easy run @ RPE 5-6

5X

(20:00-30:00)

1 minute hard sprint @ RPE 9.5-10
1 minute very easy run @ RPE 5-6

..... 5 mins recovery run - RPE 6

3X

(35:00-41:00)

1 min power walk @ RPE 7, incline 11/13/15
1 minute easy walk @ RPE 4, incline 0

..... 4 min easy cool-down walk

Total: 45 mins