

# the fast forward interval run workout

Start with an easy 5 minute warm up, then 5 minutes at a moderate pace. In the first 2 miles of intervals, you'll alternate running at a comfortably hard pace for 0.4 miles, then a very easy pace for 0.1 miles. (4 times = 2 miles) After a half mile active recovery, you'll do the same but faster, and again for a 3rd round at max pace. Cool down, then foam roll.

**5 min warm-up + 5 mins @ moderate effort**

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**round 1**

**4x: 0.4 mi comfortably hard, 0.1 mi easy**

■ ■ ■ ■ ■ ■ ■ ■ ■ ■ **0.5 mi easy/moderate** ■ ■ ■ ■ ■ ■ ■ ■ ■ ■

**round 2**

**4x: 0.4 mi hard, 0.1 mi easy**

■ ■ ■ ■ ■ ■ ■ ■ ■ ■ **0.5 mi easy/moderate** ■ ■ ■ ■ ■ ■ ■ ■ ■ ■

**round 3**

**4x: 0.4 mi all-out sprint, 0.1 mi easy**

■ ■ ■ ■ ■ ■ ■ ■ ■ ■ **0.5 mi easy/moderate** ■ ■ ■ ■ ■ ■ ■ ■ ■ ■

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cool down + foam roll