

the hit your stride run workout

Either on a treadmill or outside, follow the chart below and aim to match the RPE (rate of perceived exertion, out of 10) indicated in the far right column.

Time	What to do	RPE
0:00-5:00	5 min warm-up, easy to moderate progression	4 to 6
5:00-9:00	2x: 1 min fast, 1 min easy	8.5 - 6.5
9:00-15:00	2x: 2 min fast, 1 min easy	9 - 7
15:00-20:00	Lower speed back to moderate effort and increase evenly every minute for 5 mins.	7 to 9
20:00-25:00	Hold highest speed reached for 1 more min, then decrease back down evenly each min for 5 mins	9 to 7
25:00-31:00	2x: 2 min easy, 1 min MAX PACE SPRINT	6 - 9.5/10
31:00-35:00	Cool down jog/walk	6 - 4