

FIT TO RUN

Track Workout

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RPE

**warm up
400 meters**

LAPS

**RPE
7-8**

400

1

**RPE
4-6**

400

1

**RPE
7-8**

800

2

**RPE
4-6**

400

1

**RPE
7-8**

800

2

**RPE
4-6**

400

1

**RPE
9**

400

1

**RPE
2-3**

400

1

cool down

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THE TALK TEST | RPE CHART

Your RPE can be determined by the talk test.

RPE:1 No effort. You are probably sitting.

RPE:2-3 Light effort. Breathing is extremely easy. You may be walking at a leisurely pace.

RPE: 4-6 Moderate effort. You are working a little harder, maybe a jog, but you can carry on a full conversation at this pace without gasping for air between words or sentences.

RPE: 7-8 Hard effort. You can speak a sentence or two at a time before having to taking a gasp of breath.

RPE: 9 Extremely hard effort. You can get out a word or two but breathing is labored and talking is challenging.

RPE: 10 Maximum effort. You are completely out of breath and unable to talk. You would only be able to hold this pace for a very short time.

THE WORKOUT

Warm up and run one easy paced lap around the track = 400 meters.

RPE 7-8 (see above) Run one lap around the track at a hard effort = 400 meters

RPE 4-6 Recover by jogging or walking one lap = 400 meters

RPE 7-8 Run two laps (1/2 mile) around the track at a hard effort = 800 meters.

It is important to pace yourself here. Don't go out so hard that you can't make it around the track two times at a sustained pace

RPE 4-6 Recover by jogging or walking for one lap

RPE 7-8 Run two laps around the track at a hard effort = 800 meters

RPE 4-6 Recover by jogging or walking for one lap

RPE 9 This is your final push. Run hard for one lap = 400 meters

RPE 2-3 Walk your final lap

RECOVERY

A speed interval like this one can put additional stress on your body. It is extremely important to take rest and recovery days in between hard workouts.

Never try to do hard interval-style workouts back-to-back without rest. Remember it is during rest that you get stronger and faster, not during the workout. Without the rest, you will not see improvements at the same rate.

A workout like this is effective performed just once or twice a week. Well-conditioned athletes may be able to handle three times. Pushing past your abilities only will cause injury and can side-line you from advancing at all. Be patient. Increase intensity slowly over time. Be safe, friends.

Coach Lea

I am a NASM personal trainer and RRCA adult distance running coach that specializes in strength training for runners. I offer in-person training in Fort Worth, TX in the Shredshed, online half marathon coaching and nutrition coaching. If you are interested in coaching, please contact me. Have questions? I'd love to help.

While I am a certified personal trainer and nutrition coach, I am not your personal trainer and nutrition coach. Since I don't know your exercise abilities, injury background or medical history, please see your doctor before beginning any new exercise or diet program. This is an opinion blog. No information in this blog is intended to be taken as medical advice or prescription. Please see your doctor and/or registered dietitian for any health concerns.