

fit to run

Sprint Interval pyramid



warm up 3
minutes

hard effort

easy effort



1

2

3

4

5

6



cool down

HOW FAST SHOULD I RUN?

You decide your pace based on your own fitness levels. Please never follow some arbitrary pace because someone on the internet told you to. Your fitness level is your fitness level. What is a challenging interval pace for one person may be too easy for another. What is an easy pace for one person may push another person to injury. I am very hesitant about assigning paces in blog posts, even as examples. You need to determine your own work paces and recovery paces based on your fitness level.

THE WORKOUT

Warm up for three minutes by jogging at an easy pace
Increase your pace to run at a hard effort for 30 seconds
Recover for two minutes by jogging at an easy pace
Increase your pace and run at a hard effort for 45 seconds
Recover for two minutes by jogging at an easy pace
Increase your pace and run at a hard effort for 60 seconds
Recover for two minutes by jogging at an easy pace
Increase your pace and run at a hard effort for 60 seconds
Recover for two minutes by jogging at an easy pace
Increase your pace and run at a hard effort for 45 seconds
Recover for two minutes by jogging at an easy pace
Increase your pace to run at a hard effort for 30 seconds
Cool down as long as you need

RECOVERY

For most people intense workouts like this one should be limited to 1-3 times per week. Always allow rest and recovery days in between hard workouts. If you do this workout on a Monday, schedule your next intense workout on Wednesday or Thursday. The body adapts (gets stronger and faster) during rest, not during the actual workout, so always allow the body enough time for recovery for best results.

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 training 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.