

Aerobic Capacity Intervals	Last between 400 to 2000 meters and are run at 3k to 8k race pace. Recovery jog for half the distance of the repeat.	1-10 minutes with half the distance recoveries	95%				
Sprint Workouts: and form	To help your top end speed and consolidate your stride						
Anaerobic Capacity Intervals	Similar to speed workout but shorter distances (100-400m) with longer recoveries (200-800m). Goal is to flood muscles with lactic acid and let them recover in order to build length strength and ability to tolerate lactic acid.	Short	95-100%				
Strides	Also called windsprints or pickups. Meant to train your neuromuscular system to turn your legs over quickly. Jog afterwards to make sure no lactic acid is built up. Begin with 4, work up to 20. Very quick running, but not an all out sprint.	15-25 sec. with 30-60 second recoveries					
Other Workouts:							
Hill Repeats	Develops cardio, lactic acid tolerance, leg strength and turnover. Hard workout without the impact.	45-80 sec. up the hill	5K type pace				
Warm-up/Cool-down	Preface workouts with easy jogging & stretching followed by a few strides to faster than pace, end each workout with slow jog and stretching.	10-20 min.	jog				