

AN INTRODUCTION TO SPEEDWORK

Strides:

This form of speedwork is typically incorporated into 20-40 minute training runs. Very short bursts of swift running for 10-30 seconds. Incorporate 6-10 strides during a 20-40 minute run. After each stride, do NOT stop running. Instead, continue your run at your conversation pace. Most often done at the end of a workout. Run to a landmark, mailbox, street sign, etc. Promotes efficient running form. Easier recovery than other forms of speedwork.

Tempo:

Done at a swift, continuous pace, generally for 20-30 mins. Tempo runs are completed just below your maximum pace (between your 5K-10K pace). Promotes efficient running form. Teaches speed and patience during discomfort.

Fartlek:

This "speed play" includes fast bouts of running, followed by a bout of "rest" at conversation pace. Not specific amounts of time or specific speed. Can mix up and change speed with each workout. Works great with ladder system – alternating one min/two min/three min/four min/three min/two min/one min, etc. Promotes efficient running form. Teaches patience during discomfort. Increases strength, less chance of injury.

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"... Don't fear moving forward ... Fear standing still ..."