

TYPES OF RUNS



1. RECOVERY RUN

4 miles
Easy pace
Relatively short length
Add mileage to a runner's training
Do not take away from harder performance



2. BASE RUN

6 miles
Runner's natural pace
Short to moderate length
Big improvements in aerobic capacity and endurance
Heightened running economy



3. LONG RUN

15 miles
Base run that last longer
Runner is left moderately fatigued
Increases raw endurance
Duration depends on runner



4. PROGRESSION RUN

5 miles at natural pace + 1 mile at marathon pace + 1 mile at half-marathon pace
Begins at natural pace
Ends at anywhere from marathon to 10K pace
Moderately challenging



5. FARTLEK

6 miles at natural pace + 10 x 1:00 pickups at 5K pace +
1:00 recoveries mid-run
Base run which mixes in intervals of varying distance/duration
Method of developing efficiency & fatigue resistance at faster speeds



6. HILL REPEATS

2 miles of easy jogging + 10 x 45-second hill repeats at a hard effort +
2-minute jogging recovery between reps + 2 miles easy jogging
Repeated short segments of hard uphill running
Increased aerobic power & high-intensity fatigue resistance
Heightened pain tolerance & run-specific strength
Introduction to harder high-intensity training



7. TEMPO RUN

1 mile of easy jogging + 4 miles at lactate threshold +
1 mile of easy jogging
Sustained effort at lactate threshold intensity
Increased speed you can sustain for a long period
Increased time you can sustain relatively fast pace

Running Training Fitness Guide

Tao Wei



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Table of Contents Running Training Fitness Guide

1. Understanding the eBook Running Training Fitness Guide
 - The Rise of Digital Reading Running Training Fitness Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Running Training Fitness Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Running Training Fitness Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Running Training Fitness Guide
 - Personalized Recommendations
 - Running Training Fitness Guide User Reviews and Ratings
 - Running Training Fitness Guide and Bestseller Lists
5. Accessing Running Training Fitness Guide Free and Paid eBooks
 - Running Training Fitness Guide Public Domain eBooks
 - Running Training Fitness Guide eBook Subscription Services

- Running Training Fitness Guide Budget-Friendly Options
- 6. Navigating Running Training Fitness Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Running Training Fitness Guide Compatibility with Devices
 - Running Training Fitness Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Running Training Fitness Guide
 - Highlighting and Note-Taking Running Training Fitness Guide
 - Interactive Elements Running Training Fitness Guide
- 8. Staying Engaged with Running Training Fitness Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Running Training Fitness Guide
- 9. Balancing eBooks and Physical Books Running Training Fitness Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Running Training Fitness Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Running Training Fitness Guide
 - Setting Reading Goals Running Training Fitness Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Running Training Fitness Guide
 - Fact-Checking eBook Content of Running Training Fitness Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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