

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

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