

SPRINTS

Pyramid

4 x 200 45 secs. rest between

2 x 400 2.5 minutes rest in between

1 x 800 3.5 minutes rest in between

2 x 400 2.5 minutes rest in between

4 x 200 45 seconds rest in between

Another:

* 10 sets of 400's with double rest to work time

Another:

1 x 100 with 2 times rest between each

1 x 200 with 2 times rest between each

1 x 300 with 2 times rest between each

1 x 400 with 2 times rest between each

1 x 500 with 2 times rest between each

1 x 600 with 2 times rest between each

Another:

Continuous 400's as 200 hard/200 easy

This workout is a continuous run.

Another: Treadmill program

set speed at 10 mph and do the following

30 seconds at 3 percent incline- rest 30 secs

60 seconds at 2 percent incline-rest 60 secs

90 seconds at 1 percent incline-rest 90 seconds

120 seconds at 0 percent incline rest 120 seconds

120 seconds at 0 percent incline- rest 120 seconds

90 seconds at 1 percent incline- rest 90 seconds

60 seconds at 2 percent incline-rest 60 seconds

30 seconds at 3 percent incline-rest 30 seconds

**** THIS IS A 1 TO 1 WORKOUT RATIO****

Another one you can try this to build up your endurance on a treadmill: No incline

Warm up pace at 3.5 mph for 5 mins.

at 6 mins change to 5mph

at 7 mins change to 4 mph

at 8 mins change to 7 mph

at 9 mins change to 5 mph

at 10 mins change to 8 mph

at 12 mins change to 9 mph

at 13 mins change to 5 mph

at 14 mins change to 10 mph

at 15 mins change to 4 mph

Between 16 and 20 mins.

SPRINTS

at 11 mins change to 6 mph

cool down at 3 mph until finished