

SWARM OF GNATS – WINTER 2018 SPEED PROGRAM RH 11/28/17

HIGH INTENSITY INTERVALS

WEEK 1 Jan 2	30 -30	Run 30 sec at vV02 max, jog 30 secs until can't hold pace suggested 16	* Prior to Week 1, run 1 ¼ mile or 2000 meter trial at your highest sustainable pace. vV02max will be estimated from this pace.
WEEK 2 Jan 9	60 - 60	Run 60 sec at vV02 max, jog 60 secs until can't hold pace suggested 8	
WEEK 3 Jan 16	4 X 3	4 x (3 mins @ vVO2max, 3 min recovery)	
WEEK 4 Jan 23	30-30	Run 30 sec at vV02 max, jog 30 secs until can't hold pace suggested max 20 -24	
WEEK 5 Jan 30	60-60	Run 60 sec at vV02 max, jog 60 secs until can't hold pace suggested max 10 -12	

WEEK 6 Feb 6	5 X 3	5 x (3 mins @ vVO2max, 3 min recovery)	
WEEK 7 Feb 13	Tabata Sprints	8 x (20 sec sprint, 10 second recovery)	
INTERVALS WITH FLOAT RECOVERIES			
WEEK 8 Feb 20	8 x 400	8x 400 @ 5-10 sec faster than 5K race pace with 200 meter float recoveries	Floats are faster than jog recoveries, about 1 minute/mile slower than 5k pace.
WEEK 9 Feb 27	4 x 800	4 X 800 @ 5 sec faster than 5K race pace with 400 meter float recoveries	
WEEK 10 Mar 6	3 x 1600	3 X 1600 @ 5K race pace with 800 meter float recoveries	
COMBINATION RUNS			
WEEK 11 Mar 13	3x1000, 20 minute Tempo	3x1000 5Kpace 2 minute jog recoveries 20 minute tempo (HM – 15K)	
WEEK 12 Mar 20	8 x 200 m hills, 20 minute Tempo	8 x 200 meter uphill @5k, jog down recovery, 2 min recovery, 20 minute (HM – 15K)	
WEEK 13 Mar 27	8 X 400 m, 20 minute Tempo	8 x 400 at 5K – 3k with 45 sec jog recoveries, , 2 minute jog recovery following last 400 interval, 20 minute (HM-15K),	

WEEK 14 Apr 3	40 minute tempo (HM pace) with 1 minute surges after 9 minutes	40 minute Tempo HM pace. 9 minutes HMP, 1 minute surge 5-10 k pace. Continue 4 times	
ALTERNATING TEMPO RUNS			
WEEK 15 Apr 10	40 Minute cutdown tempo run	10 minutes at MP, 10 minutes at HMP, 10 minutes, 15 k pace, 10 minutes 12 K pace	
WEEK 16 Apr 17	40 minute alternating tempo run	10minutes at 15K pace, 10 minutes at 10 secs faster than MP, 10minutes at 15K pace, 10 minutes at 10 secs faster than MP	
WEEK 17 Apr 24	Optional TBD		