



GARAGEATHLETE

R U N N I N G
S A M P L E
W O R K O U T S

4 DISTANCE SESSIONS
4 SPEED SESSIONS

WWW.GARAGEATHLETEFITNESS.COM

DISTANCE

SESSION 1

5 TO 10X 1000M

REST 2:00

STICK TO AN EASY, SUSTAINABLE PACE THROUGHOUT, AROUND 70-80% MHR.

AIM FOR CONSISTENCY.

SESSION 2

12X 100M

REST 3:00

CONTROLLED, MAX EFFORT THROUGHOUT, FOCUSING ON GOOD TECHNIQUE AND TURNOVER.

SESSION 3

4 TO 6X 1500M

REST 2:00

EACH REP AS FOLLOWS:

400M "FAST"

700M "EASY"

400M "FAST"

"FAST" = AT LEAST 5K TARGET PACE

"EASY" = RECOVERY PACE

SESSION 4

8X 800M

REST 3:00

FASTER THAN 5K PACE, OR TARGET PACE, THROUGHOUT.

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AND SIGN UP FOR AN ONLINE MEMBERSHIP!



SPEED

SESSION 1

5:00 RUN

1:00 REST

COMPLETE 4 TO 8 REPS

EASY, SUSTAINABLE PACE
THROUGHOUT, AROUND 70-80% MHR.

SESSION 2

10X 150M

REST 6 TO 1

CONTROLLED, MAX EFFORT
THROUGHOUT, FOCUSING ON GOOD
TECHNIQUE AND TURNOVER. REST 6X
LONGER THAN REP WORK TIME.

(IF IT TAKES YOU 30 SECONDS TO
COMPLETE 150M, REST 3 MINUTES
BEFORE YOUR NEXT REP).

SESSION 3

PART 1

2X 600M (FULL REST BETWEEN REPS)

EACH REP AS 400M AT 80% OF 400M PB OR GOAL
PACE, FINAL 200M EASY JOG.

PART 2

3X 300M/REST 1:00

EACH REP AT 75% OF 400M PB PACE OR TARGET PACE.

PART 3

3X 300M/REST 5:00

EACH REP AT 90% OF 400M PB PACE, TARGET PACE, OR
AS FAST AS YOU CAN SUSTAIN ON ALL REPS.

SESSION 4

PART 1

600M/REST 3:00

400M/REST 2:00

200M/REST 2:00

400M/REST 3:00

600M

AIM TO START AT 80% OF 400M PB/TARGET PACE ON
THE 600M SETS. INCREASE PACE ON THE 400M AND
200M SETS.

PART 2

6X 100M/REST 1 MINUTE

400M PB PACE, TARGET PACE, OR FASTER.

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