

## Interval Training Workouts

All workouts should begin with foamrolling, a 10-15 minute easy jog, followed by a 10-15 minute cool down and post-run stretch. Work the intervals hard, take the recovery easy, and build slowly. Use these examples for variations. The first one is probably the most effective for Boston.

1. 2-minute hill repeats
  - May be the best workout for Boston
  - Hills should not be too steep
  - Can be done on treadmill, but you miss the downhill benefit
  - Start with 3 or 4, build by 1 every week or every other week
2. Yasso 800s
  - Begin with 3-4 800s – Jog 2-3 minutes in between
  - Add 1 each week or every other week
  - The average time to run the interval is an excellent indicator of marathon pace. I.E., 3:10 800 repeats projects to 3:10 marathon
3. Ladder
  - Can be done by distance or time
  - Addresses range of interval
  - Excellent variety
  - The format: 1 minute interval, 1 minute recovery, 2 minute interval, 2 minute recovery, 3 minute interval, 3 minute recovery, 4 minute interval, 4 minute recovery. 4-3-2-1
4. “30-30”
  - Excellent workout
  - Quick, but effective. Good for the time-crunched individual
  - Warm-up, run 30 seconds hard, but not all out, 30 seconds easy
  - The first few are not too bad, but they get real tough
  - Perform 10-16 of these
5. Mile Repeats
  - Initially start with 2, build to 4-5 of these
  - Mentally tough workout
  - Can be done on roads, track, treadmill, tough to do by yourself
  - Recover 3-4 minutes and decrease the recovery as you get fitter
6. 2 to 1
  - Great workout
  - 2 minutes hard, 30 seconds jog, 1 minute all out
  - Repeat 3-4 times