

## CIM 2016 Training: OPTIONAL SPEED WORK

Weeks Left	Week Beginning	Miles	Workout
16	8/14	4	2 hill repeats
15	8/21	5	1 x 800m @ T + 3 x 400m @ I + 2 hill repeats
14	8/28	5	1 x 800m @ T + 4 x 400m @ I + 2 hill repeats
13	9/4	6	1 x 1200 m @ T + 5 x 400m @ I + 4 hill repeats
12	9/11	6	1 x 1200 m @ T + 6 x 400m @ I + 4 hill repeats
11	9/18	6	1 x 1600 m @ T + 4 x 600m @ I
10	9/25	6	1 x 1600 m @ T + 5 x 600m @ I
9	10/2	6	1 x 1600 m @ T + 4 x 800m @ I
8	10/9	6	2 x 1600m @ T
7	10/16	6	3 x 1600m @ T
6	10/23	7	2 x 1.5 mi @ T
5	10/30	7	2 x 2 mi @ T
4	11/6	7	2 x 2.5 mi @ T
3	11/13	6	4 miles @ MP
2	11/20	5	3 miles @ MP
1	11/27	4	2 miles @ MP

Speed work can be done any day of the week; however, hard workouts shouldn't be completed on consecutive days. For example, if you run speed work on Tuesday, then both Monday and Wednesday should be rest days or easy efforts.

Run at least 1 mile to warm up before, and 1 mile cool-down after speed workouts.

Jog 200m, or up to about 2 min, at easy pace between each interval to recover.

E.g., "4 x 400m @ I" means 4 laps (400m each) at interval pace, with 200m recovery jogs between each 400m lap.

If you're not running at a track, it may be easier to use a 1.5 - 2 minute recovery jog.

To find training paces using a recent race time: <https://runsmartproject.com/calculator/>

### Training Paces

E= Easy Pace (conversational pace)

I = Interval Pace (~5K race pace)

T = Threshold Pace (~ 10K race pace)

MP = Marathon Race Pace

### Distances

mi = mile

m = meters

400m = 1 lap at Piedmont track; ~0.25 mi

1600m = 4 laps; almost 1 mile