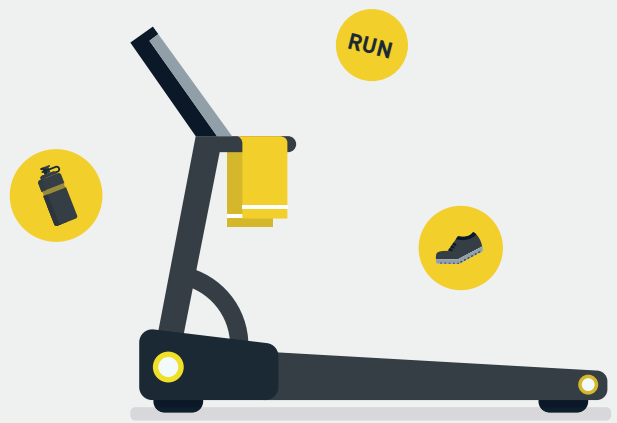


TREADMILL TRAINING PLAN

TRAINING GOAL - RUN FASTER



TRAINING FOR BEGINNERS

INTERVALS

GOALS: Build up stamina, Jog longer nonstop

Warm-up:

5 minutes *(slowly increase the pace from walking to running)*

Workout:

1-3 rounds *(depending on your fitness level and the time available)*

30-60-90-120-120-90-60-30 seconds running

Recovery = 1 minute of walking

Recovery between rounds = 3-5 minutes of jogging

Cool-down:

5 minutes *(slowly decrease the pace from running to walking)*

TRAINING FOR FITNESS RUNNERS

ANAEROBIC WORKOUT

GOALS: Build up stamina, Run faster

Warm-up:

8-10 minutes – increase from jogging to normal endurance pace
(for example, every 1½ minutes from 6 km/h up to 10 km/h)

Workout:

Aerobic/Anaerobic session:

1-2 rounds *(depending on your fitness level and the time available)*

1-2-3-5-3-2-1 minutes at a fast pace *(anaerobic)*

Recovery = 1½ minutes of slow jogging *(aerobic or recovery pace)*

Recovery between rounds = 5 minutes of jogging

Cool-down:

8-10 minutes – decrease from normal running pace to jogging
(for example, every 1½ minutes from 10 km/h down to 6 km/h)

TRAINING FOR FITNESS & COMPETITIVE RUNNERS

HILLS

GOALS: Build up strength, Run faster, Improve your technique

Warm-up:

10-15 minutes – increase from jogging to normal endurance pace
(for example, every 2 to 2½ minutes from 8 km/h up to 12 km/h)

Workout:

Aerobic/Anaerobic session:

2-3 rounds *(depending on your fitness level and the time available)*

6-8 x 90-second intervals at a steep incline *(6 to 9% depending on your fitness level)*

Recovery = 1 minute of slow jogging

Recovery between rounds = 5-8 minutes of jogging

Cool-down:

10 minutes – decrease from normal running pace to jogging
(for example, every 2 minutes from 12 km/h down to 8 km/h)

TRAINING FOR FITNESS & COMPETITIVE RUNNERS

UNDER/OVER INTERVALS

GOALS: Run faster, Build up pace consistency

Warm-up:

5-8 minutes – increase from jogging to normal endurance pace
(for example, every 2 minutes from 8 km/h up to 12 km/h)

5-8 minutes – increase from normal to fast endurance pace
(for example, every 1-2 minutes from 12 km/h up to 18 km/h)

5 minutes recovery = slow jogging *(for example, 8 km/h)*

Workout:

Aerobic/Anaerobic session: under/over intervals

2-3 rounds, 9 minutes each *(depending on your fitness level and the time available)*

Alternate between **2 minutes at high endurance pace** + **1 minute at very fast endurance pace**

Recovery between rounds = 3-5 minutes of jogging

Cool-down:

8-10 minutes – decrease from normal running pace to jogging
(for example, every 1½ minutes from 10 km/h down to 6 km/h)

TRAINING FOR COMPETITIVE RUNNERS

SPRINT SESSION

GOALS: Run faster, Develop pace consistency

Warm-up:

10 minutes – increase from jogging to normal endurance pace
(for example, every 2 minutes from 8 km/h up to 12 km/h)

Workout:

Part I - sprint session:

2-3 rounds *(depending on your fitness level and the time available)*

10 x 15-second sprints + 15 seconds of complete rest incl. hopping on & off the treadmill
(at a fast pace of 16-18 km/h to work on turnover)

Recovery between rounds = 5 minutes of jogging *(10 km/h)*

Part II - anaerobic session:

2-3 rounds

5 minutes – increase the pace by 1 km/h every minute: for example, 13-14-15-16-17 km/h

Recovery between rounds = 5 minutes of jogging *(10 km/h)*

Cool-down:

10 minutes – decrease from normal running pace to jogging
(for example, every 2 minutes from 12 km/h down to 8 km/h)

NOTE: Only for seasoned treadmill runners!