

Training Types

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Training Type	Effort Time	Effort Distance	Effort Rate	Training Benefit	Notes
Base	20-50 minutes	3000-8000 meters	0.5-1.5 minutes slower than race pace	improves endurance, aerobic capacity and running economy	done at comfortable pace not meant to be challenging
Progression	25-35 minutes	4000-6000 meters	Varies	simulates racing	start slower than natural pace and end faster than race pace
Surges	10-60 seconds	50-200 meters	10-20 seconds faster than pace	helps ability to respond to other runners challenges	helps ability to respond to other runners challenges
Fartlek	30-100 seconds	150-400 meters	1 minute jog recovery	challenges you to run faster to a point	less structured, can vary distances
Interval	15 seconds to 5 minutes	100-1200 meters	1:1 run/rest ratio	increases speed, increases efficiency fatigue resistance	done at pace where you are gasping for air and counting the seconds until you can stop
Repeats	1-10 minutes	400-1600 meters	1:2 run/rest ratio	increases aerobic power, high-intensity fatigue resistance, pain tolerance and strength	can be done on hills of 5-10% grade
Tempo	10-40 minutes	1600-4800	30 seconds to 1 minute slower than race pace	increases sustained speed, increases time one can sustain pace	done at fastest sustainable pace
Recovery	20-30 minutes	3200-4800 meters	any pace necessary	allows body to recovery after interval, repeat or tempo runs	done at pace necessary to eliminate fatigue or soreness
LSD (Long Slow Distance)	40+ minutes	any	1.5-2 minutes slower than 5k pace	increases ability to run longer, develops deep core muscles	talk test - should be able to have a conversation

Note: Distances and times adjusted for high school runners