

Coach Al's Weekly Workout

July 5, 2020

This week I offer you a "ladder" workout going up and down the ladder.

This is best done at a track but can be done on a road or trail course as well. If on a road/trail course, do a measured loop or it can be done out and back by time.

Do stretches and then a 10-15 minute warmup run at training pace to start.

Do 1 set of (400-600-800-1200-mile-1200-

800-600-400) based on your ability and fitness level. You can also do this based on time. In either case, just figure out your goal splits based on your 5K per mile pace and use that to figure the correct time split to use you can do it at your 5K goal pace or 3-5% faster to work on speed endurance at a faster tempo)

Here is the recovery time after each repeat:

400/2 min

600/2:30 min

800 3:00 min

1200/ 3:30 min

1mile/ 4:00min

1200/ 3:30 min

800 3:00 min

600/2:30 min

400..... Finish with a 10-15 minute cool down run and stretches/core

Feel free to adjust your recovery time if needed, but try to keep it consistent as given throughout for the best training effect.