

# IMPROVE YOUR RUNNING PACE

## THREE STYLES OF RUNNING TO IMPROVE YOUR PACE

Practice running  
faster to get faster.

We will focus on three types of training that focus on speed work to help improve your overall running pace.

### 1. Fartleks

- Fartlek is Swedish for “speed play”
- Fartlek is **unstructured** and alternates moderate-to-hard efforts. You play with speed by running at faster efforts for short periods of time (to that tree, to the sign) followed by easy-effort running to recover.
- Example of a Fartlek style workout ( Best on the road/ track)
  - Run as fast as you can to that tree or sign then drop back down to your normal pace to recover.
  - Repeat this **unstructured cycle** until the end of the distance you planned on running/covering.

### 2. Tempos

- A Tempo run is at an effort just outside your comfort zone that you can maintain for medium to long distance runs.
- If you can talk easily, you’re not in the tempo zone, and if you can’t talk at all, you’re above the zone.
- It should be at an effort somewhere in the middle, so you can talk in broken words, you should not be gasping for air.
- Example of a Temp run ( Best on road/track/treadmill)
  - Run 45 minutes at pace that feels like a 7 - 8 out of 10 on your personal scale of perceived exertion. Or;
  - Run 5/10k at pace that feels like a 7 - 8 out of 10 on your personal scale of perceived exertion.

### 3. Intervals

- Interval workouts are short, intense efforts followed by equal or slightly longer recovery time.
- Unlike tempo workouts, you're running at an effort where you are reaching hard for air and counting the seconds until you can stop followed by a truly easy jog.
- Example of an Interval run ( Best on road/track/treadmill)
  - Run 1 minute at a pace that feel like a 9 - 10 out of 10 on your personal scale of perceived exertion. Then 1 – 2 minute recovery with a very light jog / walk / pause. Repeat intervals for about 8 – 10 times or as many times as you wish.
  - Instead of increasing your work intervals, increase your speed during that work interval.

#### Injury prevention tip:

- Make sure you stretch and warm up before your workout.
- Make sure you stretch and cool down after your workout.

