

1000 meter Cruise Intervals with a 200 meter jog recovery (about 1 minute) *** THEN *** 4 x 200m Reps

Cruise Intervals are at your anaerobic (lactate) threshold pace (comfortably hard). Running them too fast is worse than running them too slow. Also, extending the recovery phase defeats the purpose of the workout. Run them at the right pace, with the proper recovery! After you have done all of your intervals, take a 5 minute break. You should then do 4 x 200m **Reps** with a 3-4 minute recovery (jog 300m and walk 100m). These are pretty fast (the second time on the time sheet) and should help with your leg speed and the efficiency of your form.

How many Cruise Intervals should you run?

If your weekly mileage is

20 miles/week → 3

25 miles/week → 4

30 miles/week → 4

35 miles/week → 5

40 miles/week → 6

45 miles/week → 6

50 miles/week → 7

55+ miles/week → 8