

1200 meter Cruise Intervals with a 200 meter jog recovery (about 1 minute)

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!

How many 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

60 miles/week → 8