

## **200 meter Efficiency Reps**

Recovery Jog 300m/Walk 100m within a set ( $\approx$  3 min)  
5 minutes active recovery between sets

### Explanation of Workout

- Train body to tolerate lactic acid
- Performed at goal pace ( $\approx$  95% effort)
- The body will learn efficiency by beginning the next stimulation before total recovery occurs
- Maintain a 2-1 breathing pattern throughout workout

### How many should you run?

If your weekly mileage is.....

20-30 miles/week  $\rightarrow$  1 Set of 5 Reps

30-40 miles/week  $\rightarrow$  2 Sets of 4 Reps

40-50 miles/week  $\rightarrow$  2 Sets of 5 Reps

50+ miles/week  $\rightarrow$  2 Sets of 6 Reps