

Sets of 3 minutes hard + 2 minutes easy THEN 4 x 200m Reps

This workout uses two different training intensities: **VO₂ Max Intervals** and **economy repetitions**. The intensity for the 3 minute VO₂ Max Intervals is somewhere around your 3K to 5K race intensity. I have written the pace per 400m on the time sheet. The 2 minutes easy is at a comfortable jog pace.

After you have done all of your intervals, take a 5 minute break. You should then do 4 x 200m economy 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 sets of 3 minutes hard/2 minutes easy should I do?

If your weekly mileage is

20 miles/week or less → 3

21-35 miles/week → 4

36-45 miles/week → 5

46-59 miles/week → 6

60+ miles/week → 7