

400 meter Economy Reps

Reps are fast (about 1 mile race pace). You should take a long enough recovery so that you are completely recovered before you start the next one. Try a 300m jog and a 100m walk that takes about 3 minutes. If you are having a hard time keeping the pace as the workout progresses, take a longer rest.

How many should you run?

If your weekly mileage is.....

20 miles/week → 4

25 miles/week → 5

30 miles/week → 6

35 miles/week → 7

40 miles/week → 8

45 miles/week → 9

50 miles/week → 10

55 miles/week → 11

60+ miles/week → 12

REMINDER – Are you doing a weekly long run that is 25% of your weekly mileage? This should be done at a nice, easy pace.

Examples: 25 miles/week → long run = 6 miles
 40 miles/week → long run = 10 miles

