

**THE PLAN**

# BUILD YOUR RUN SPEED

NEED TO SPEED UP FOR LATE-SEASON OLYMPIC- AND SPRINT-DISTANCE RACES? THEN LOOK NO FURTHER. THIS FOUR-WEEK PLAN WILL USE THE FITNESS YOU'VE BUILT ALREADY AND SHARPEN UP YOUR RUN SPEED

## Week one

THIS WEEK IS ALL ABOUT INTRODUCING YOUR LEGS TO THIS NEW 'FAST RUNNING' FOCUSED TRAINING. THESE SESSIONS ARE KEPT SIMPLE, BUT ARE VERY EFFECTIVE IN ACHIEVING THE GOAL

<b>Mon</b>	<b>Swim</b>	Easy swim
	<b>Run</b>	Head out the door and run at tempo for desired RP duration (i.e. if you're aiming for a 40mins 10km, run for 40mins)
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<b>Tue</b>	<b>Bike</b>	Steady bike
	COMMENTS	
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<b>Wed</b>	<b>Swim</b>	Endurance swim
	<b>Run</b>	Strength run. <b>W/U</b> : 10mins easy jog to a steep hill of around 2mins in length. <b>M/S</b> : 4 x 2min hill rep as fast as poss. Push hard, and rest between each effort. Jog down hill when ready and repeat. <b>W/D</b> : at least 15mins to shift lactate build up
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<b>Thur</b>	<b>Bike</b>	Intervals on the bike
	COMMENTS	
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<b>Fri</b>	<b>REST DAY</b>	
<b>Sat</b>	<b>Swim</b>	Open-water session
	<b>Run</b>	Long run. Head out the door and keep it steady for up to 1hr 30mins depending on your race distance
COMMENTS		
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<b>Sun</b>	<b>Bike</b>	Long, steady bike ride
	COMMENTS	
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## Week two

THESE SESSIONS DEVELOP YOUR SPEED IN THE SESSIONS YOU'VE ALREADY BEEN DOING. WITH FARTLEK WORK AND THEN SPEED WORK AND RECOVERY, YOUR SPEED WILL START TO DEVELOP

<b>Mon</b>	<b>Swim</b>	Strength-based swim session
	<b>Run</b>	Fartlek run session. <b>W/U</b> : 10mins easy running to get warm. <b>M/S</b> : 40mins as 8mins race pace / 2mins really easy / 6mins race pace / 4mins really easy / 4mins race pace / 6mins really easy / 2mins race pace / 8mins really easy. <b>W/D</b> : run home.
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<b>Tue</b>	<b>Bike</b>	Strength session on bike
	COMMENTS	
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<b>Wed</b>	<b>Swim</b>	Endurance swim session
	<b>Run</b>	Track session. <b>W/U</b> : 1600m jogging nice and easy. <b>M/S</b> : All run at desired race pace: 4 x 100m + 45secs rest / 4 x 200m + 45secs rest / 4 x 400m + 45secs rest / 4 x 200m + 45secs rest / 4 x 100m + 45secs rest. <b>W/D</b> : 10mins easy running
COMMENTS		
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<b>Thur</b>	<b>Bike</b>	Intervals on the bike
	COMMENTS	
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<b>Fri</b>	<b>REST DAY</b>	
<b>Sat</b>	<b>Swim</b>	Open-water swim session
	<b>Run</b>	Long run (up to 1hr 30mins) depending on race distance. Include some block work in the middle section. Keep it easy with block work – 3 x 3mins as 1min build (slow to fast) / 1min at <b>RP</b> / 1min steady, with 2mins easy between efforts
COMMENTS		
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<b>Sun</b>	<b>Bike</b>	Long, steady bike ride
	COMMENTS	
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Cut out and keep



**IKES, this race season is nearly over and perhaps you feel you could squeeze just a little bit more out of that third discipline.**

Running on tired legs is never a good feeling. You end up going slowly and feeling like you never hit that top speed you knew you were capable of at the beginning of the season. By following this simple yet effective four-week plan with three key sessions

of running per week, you'll be able to build on your current fitness and shave seconds off that run time.

You can't suddenly step up your run volume or intensity and keep it at that level—you'll get injured. But for just a few weeks, provided you have a good fitness base and no running injuries, you can speed up using our sharpening sessions.

Here's how to race your run rather than 'just get through it'.

Meet the expert



Doug Hall

Doug coaches novices and top-level age-groupers. He's an elite athlete and studied sport at the University of Bath

Week three

BUILDING STRENGTH, THIS WEEK WILL HELP BEAT THAT BURNING SENSATION IN YOUR LEGS, AND RUN QUICKLY AFTER. IT'LL HURT, BUT NOT AS MUCH AS IT'LL HURT OTHERS WHEN YOU FLY BY

<b>Mon</b>	<b>Swim</b>	Strength swim session
	<b>Run</b>	Long reps. <b>W/U</b> : 10-15mins easy jog out to loop. <b>M/S</b> : find a 800m loop, on grass if poss (try a football pitch), 4 x 2 laps run just below RP + 60secs rest. Then 4 x 1 maintaining that pace + 60secs rest between each rep. <b>W/D</b> : 10mins easy run
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<b>Tue</b>	<b>Bike</b>	Hill reps on bike
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<b>Wed</b>	<b>Swim</b>	Endurance swim session
	<b>Run</b>	Strength session. <b>W/U</b> : 10mins easy jogging. <b>M/S</b> : find a short steep hill with a flat or slight downhill over the top. 4 x 60secs at RP up hill then 60secs maintaining effort on the flat over the top. Jog down and repeat. <b>W/D</b> : 10mins easy jog
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<b>Thur</b>	<b>Bike</b>	Speed session on bike
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<b>Fri</b>	<b>REST DAY</b>	
<b>Sat</b>	<b>Run</b>	Again, heading out the door for up to 1hr 30mins depending on your race distance. This time, pick a hilly route and run up hills as hard as you can, but use the downhills and flats as recovery
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<b>Sun</b>	<b>Bike</b>	Long, steady bike ride
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Week four

RECOVERY WEEK. EVEN THOUGH YOU'RE LOOKING TO GET FASTER, REDUCING THE VOLUME OF TRAINING WILL HELP. THE DURATION OF SESSIONS DECREASES, BUT THE INTENSITY STAYS UP

<b>Mon</b>	<b>Swim</b>	Endurance swim
	<b>Run</b>	30mins tempo run, keep things uncomfortable but in control
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<b>Tue</b>	<b>REST DAY</b>	
<b>Wed</b>	<b>Run</b>	Track session. <b>W/U</b> : 10mins easy shuffle around track. <b>M/S</b> : 10 x 200m RP / 200m easy jogging. Keep things rolling with no extra rest between reps. <b>W/D</b> : 10mins easy
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<b>Thur</b>	<b>Swim</b>	Speed session
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<b>Fri</b>	<b>REST DAY</b>	
<b>Sat</b>	<b>Run</b>	Long run. Just keep it steady this week, up to 1hr
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<b>Sun</b>	<b>Bike</b>	Long steady bike ride
COMMENTS		
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Key

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| <b>W/U</b> : warm-up   | <b>M/S</b> : main set |
| <b>W/D</b> : warm-down | <b>RP</b> : race pace |