

# Speedwork

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[looseit08](#) 21 posts since

Jul 22, 2008

I finished C25k in Oct last year and I have been running three times a week for thirty minutes and doing 5ks but I am just now starting up a plan I found on runners world. It is a "moderate" training plan that is 16 weeks long. I want to make sure I understand it correctly. It says

"Speedwork"

"Dist: 5 mi, inc Warm: 3x800@5:21 w/400 jogs: Cool"

So, if I do that following am I on track with what this is trying to tell me?

Walk 5 laps

Jog 1 lap

Run 2 laps fast

Jog 1 lap

Run 2 laps fast

Jog 1 lap

Run 2 laps fast

Jog 1 lap

Walk 5 laps

Is this even close? I am just now starting to look into this and not sure I understand. Also, does anyone have any suggestions for ways to do with without actually being on a track?

Do they make a watch or timer or something that will help me? I really like to run on the road. I used my Ipod to time my runs on c25k with the music changing as my cue to start running/walking and I really liked that method.



[dwm082](#) 1,169 posts since

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Dec 14, 2007 1. Re: **Speedwork** Mar 23, 2009 1:09 PM

I think, if you'll pardon the pun, that you're on the right track. 😊

Your total training distance for this workout should be about five miles. This distance includes your warmup and cooldown, each of which should be about a mile and a half (six laps). Your warmup can consist of a slow jog, gradually increasing pace until you're moving at a reasonable pace. You shouldn't be running all out at the end of your warmup, but you should be at a point where you're not accelerating too much to hit your target pace. You should do the reverse for your cooldown; gradually slow down until you're at a slow jog/walk by the end.

Your interval sessions should be three 800m (half-mile, or two laps around the track) runs at a 5:21 min/mile (?! You must be really fast!) pace. Each of these interval sessions should be separated by a 400m (quarter-mile, or one lap around the track) walk or jog so you can recover a little bit for the next run. It looks to me like you're doing about 1.5 miles of speed intervals with a half mile of recovery jogs.

I think you've pretty much got it right.

If you're looking for another three-day-a-week plan, you should take a look at the Furman Institute for Running and Scientific Training plans. There are modified versions of the half-marathon and marathon plans available at [runnersworld.com](http://runnersworld.com). They're based on three runs per week plus two days of cross-training. If you're honest about your previous race performances, then you should end up with a training plan that will push you but shouldn't lead to injury.

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Good luck!

Don



[spicegeek](#) 2,406 posts since

Jan 14, 2007 2. **Re: Speedwork** Mar 23, 2009 1:21 PM

Yup - thats pretty much it - I personally would chose to run the warm up just at a easy pace - but that is your choice

HOWEVER .. on saying that .. I would encourage you to just work on increasing your distance and getting your weekly miles up to about 20 - 25 before you start adding speed work - I think your base of 3 30 mins runs per week a little light for this level of training and may put you at risk of injury

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[dwm082](#) 1,169 posts since

Dec 14, 2007 3. **Re: Speedwork** Mar 23, 2009 3:49 PM

in response to: [spicegeek](#)

Good catch, spicegeek. I missed that little detail.

Speedwork puts a lot of stress on your body. The general rule of thumb is to wait until you've hit about 20 miles per week consistently for a few months before diving into speedwork. This level of intensity very much increases your likelihood of overuse injuries if your body isn't comfortable taking a beating.

Increasing distance is, for the time being, the best way to improve your endurance, speed, and resistance to injury. I'd strongly recommend you take a look at the Hal Higdon novice plans for whatever distance you're looking to race.

Don