

TYPES OF RUNNING WORKOUTS

Whether you're new to running or have been running for years, switching up the types of running you do can increase strength and endurance, help reduce the risk of injury, increase running efficiency and aerobic capacity, and make things more fun! The Relay by RUNGRL features Black female run coaches and elite athletes to help you through your first, farthest and fastest miles. Learn more at RUNGRL.co/relay.



Easy Run

Easy runs should make up the majority of your running workouts. These help develop aerobic potential (your ability to run with oxygen), which allows you to run longer. You should be able to hold a conversation or sing along to song lyrics at this pace.



Long Run

Long runs increase the distance you can comfortably and confidently cover in one run and teach you to push through fatigue. These are generally any distance beyond 5 miles.



Interval Training

Interval training focuses on speed and breaks up high-intensity efforts with recovery periods. Typically performed on a track or treadmill and improve running economy, stride, efficiency and fatigue resistance.



Hill Repeats

Hill repeats provide resistance and help build explosive power. Both the uphill and downhill portions build strength in different areas of the leg, glute and core muscles.



Tempo Run

One of the hardest runs to do properly, the tempo run tests both speed and stamina. This run is taken at a comfortable but hard pace, think 85-90% of your maximum heart rate. This is also known as a "threshold run" because it tests the lactate threshold, your body's ability to tolerate lactic acid and push past fatigue..



Fartlek

Fartleks (aka "speed play") use a marker to set when you'll increase speed, for example, 'every 5 minutes', or 'every time you see a white shirt', etc. These are less structured than tempo runs and provide an opportunity to change gears and recruit different muscles.



Progression Run

The progression run starts at a conversation pace and progressively gets faster during the course of the run as you increase intensity. It helps adopt a 'finish strong' mentality!



Recovery Run

One of the most important workouts during a training period is the recovery run, a short run, taken as slow as needed in order to shake out any soreness at least 24 hours after intense training.

