

2020 Outdoor Speed Session 1			
All workouts should begin with a warm-up of at least 15-minutes.			
And finished with a cool-down of at least 10-minutes.			
22-Apr	8-10 sets of:		
	2-Minutes	(1-Min rest)	5k pace or faster (I-pace, 85-95%MHR)
29-Apr	3-sets of:		
	2-Minutes	(1-Min rest)	5k pace or faster (I-pace, 85-95%MHR)
	2-Minutes	(1-Min rest)	
	4-Minutes	(2-Min rest)	
6-May	6-sets of:		
	4-Minutes	(2-Min rest)	5k pace (I-pace, 85-95%MHR)
13-May	3-4 sets of:		5k pace or faster (I-pace, 85-95%MHR)
	8-Minutes	(4-Min rest)	10k pace (T-pace, 75-85%MHR)
20-May	4-Minutes	(2-Min rest)	5k pace (I-pace, 85-95%MHR)
	4-Minutes	(2-Min rest)	
	6-Minutes	(3-Min rest)	
	4-Minutes	(2-Min rest)	
	4-Minutes	(2-Min rest)	
27-May	6-8 sets of:		
	3-Minutes	(1:30 rest)	Mile pace (R-pace, 95-100%MHR)
3-Jun	8-Minutes	(4-Min rest)	5k pace (I-pace, 85-95%MHR)
	6-Minutes	(3-Min rest)	
	4-Minutes	(2-Min rest)	
	4-Minutes	(2-Min rest)	
	2-Minutes	(1-Min rest)	
	1-Minute		
10-Jun	Russian Ladder x 3-4		Great for Finishing Kick
	2-Minutes	(1-Min rest)	faster than 5k pace (R-pace, 95-100%MHR)
	1-1/2-Minute	(45-sec. rest)	
	1-Minute	(30-sec. rest)	
	30-Seconds	(2-Min rest)	
17-Jun	4-5 sets of:		
	4X-1-Minute	(30-sec. rest)	Mile pace or faster (R-pace, 95-100%MHR)
24-Jun	6-8 reps of:		
	36 seconds hard		faster than 5k pace (R-pace, 95-100%MHR)
	1:36 easy		
	on the whistle.		

1-Jul	30-40 Minute Fartlek		
	Ex: Jog 2-telephone poles,	Run 2-poles,	Sprint 2-poles, Walk 2-poles, repeat.
	You can also use time. Just mix it up as you feel. After all,		
	Fartlek is Sweedish for "Speed Play". The key is changing paces, and having fun!		