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Progressive Tempo – Mile Repeats

Session Sport: Running

Period: Build I - III

Session Classification: Tempo

Session Objective: Build aerobic efficiency and pace at lactate threshold

Session Duration: *depends on individual pace

Warm-Up:

1 mile at easy pace, increasing to the top of your zone 2 (RPE: 3 to 5 of 10)

- At the end of the warm-up mile, begin the first tempo mile

Main Set:

3 x 1 mile

- Begin each mile at your zone 3 intensity (RPE: 6 of 10)
- Each mile build through your zone 3 to your zone 4 (RPE: 6-9 of 10)
- At the end of each mile, back down to your starting pace, then build again
- At the end of your last mile repeat, back down to the starting pace, then back into your cool-down pace

Cool-Down:

1 mile at easy, decreasing zone 2 pace (RPE: 6 - 3 of 10)

Notes:

- Use a timing device to 'lap' each change in effort (Warm-up, each mile repeat, and the cool-down)
- It's highly recommended to use a heart rate monitor to track zone adherence and improvement over time
- **Progressions:** faster pace, increased rate of pace change within each mile, more mile repeats
- **Regressions:** slower pace, decreased rate of pace change within each mile, less mile repeats