

Reach for the Sky

Speed workouts

	Session 1	Session 2
week 1	WU: 10:00 8x (0:30 Z5, 1:00 Z1-2) CD: 10:00 Total 32:00	WU: 10:00 3x (10:00 lower Z3, 2:00 Z1-2) CD: 10:00 Total 54:00
week 2	WU: 15:00 6x (3:00 upper Z4, 1:30 Z1-2) CD: 10:00 Total 51:00	WU: 10:00 10:00 lower Z3, 10:00 upper Z3, 2:00 lower Z4, 2:00 mid Z4, 2:00 upper Z4 (progression, no rest) CD: 10:00 Total 46:00
week 3	WU: 15:00 5:00 Z4-Z5 (start Z4, end Z5), 4:00 Z4-Z5, 3:00 Z4-5, jog between intervals: 3:00 Z1-2 CD: 15:00 Total 51:00	WU: 15:00 3x (0:30 Z5, 1:00 Z1-2), 4x (alternate 3:00 lower Z4, 3:00 mid Z3) CD: 15:00 Total 58:00
week 4	WU: 15:00 4x (4:30 upper Z4, 5:00 Z1-2) CD: 15:00 Total 68:00	WU: 10:00 2:00 mid Z4, 1:00 Z1-2 4x (0:30 Z5, 1:00 Z1-2), 20:00 Z3, 2:00 mid Z4, 1:00 Z1-2, 4:00 Z3, 1:00 Z4 CD: 15:00 Total 62:00
week 5	WU: 15:00 25:00 upper Z3, 2:00 Z1-2, 5x (0:30 Z5, 0:30 Z1- 2) CD: 15:00 Total 62:00	WU: 15:00 4x (800m mid Z4, 800m lower Z5, 400m Z1-2) CD: 15:00 Total ≈ 75:00
week 6	WU: 20:00 3x (2K @ upper Z4, 2:00 Z1-2) CD: 15:00 Total ≈ 55:00	WU: 15:00 5:00 lower Z4, 2:00 Z1-2, 4:00 lower Z4, 2:00 Z1-2, 3:00 mid Z4, 2:00 Z1-2, 2:00 upper Z4, 2:00 Z1-2, 1 min Z5 CD: 15:00 Total 53:00
week 7	WU: 15:00 10:00 lower Z3, 5:00 Z1-2, 8:00 mid Z3, 4:00 Z1-2, 6:00 upper Z3, 3:00 Z1-2, 4:00 lower Z4, 2:00 Z1-2, 2:00 mid Z4 CD: 15:00 Total 74:00	WU: 10:00 20:00 mid Z3, 20:00 lower Z4 CD: 10:00 Total 60:00
week 8	WU: 10:00 5:00 mid Z3, 5:00 lower Z4, 3:00 upper Z4, 2:00 Z1-2, 2:00 upper Z4 - lower Z5, 2:00 Z1-2, 1:30 Z5, 1:00 Z1-2, 1:00 Z5, 0:30 Z1-2, 0:30 Z5 CD: 10:00 Total 44:00	WU: 10:00 4x(0:30 Z5, 1:00 Z1-2), 10:00 Z1-2, 4x(0:30 Z5, 1:00 Z1-2) CD: 10:00 Total 42:00

Notes: schedule at least 48 hours between two speed workouts

Duration in minutes

Zones: Z 1-5

WU: warm-up in Z1-2

CD: cool down in Z1-2