

Running to stay fit 3

For those who started running after my first contribution on this site, and who managed to stick to my advised schedules, now that you've completed intervals of 5 minutes of jogging, you can increase your intervals of uninterrupted jogging somewhat more than by just 1 minute. Try to keep your pace somewhere between 170-180 steps/minute.

Week 5

You might want to try 4, 6, 4, 8, 4, 6 minutes of jogging interspersed with 1 minute of walking after the 4 minute intervals and 1 or 2 minutes of walking after the 6- and 8-minute intervals. If this feels good the first time, you could change the last 6-minute interval to an 8-minute interval the 2nd and/or 3rd time this week.

Week 6

For week 6 my suggestion would be to start and finish with 5-minute intervals and try two 10-minute intervals in between. Of course you'll intersperse your jogging intervals with 1 or 2 minutes of walking.

Suggestions for advanced runners

In my previous I suggested an interval work out to get faster/stronger. This time I'll explain the benefits of **Hill training**.

You can do hill training by either running up and down a real hill, but in this part of the country, finding a hill can be challenging. A bridge of viaduct may serve your purpose just as well. The ideal incline for this work out is 5-10%

This kind of work out will also make you stronger, and it will increase your anaerobic capacity.

After a 10-15 minute warming up perform 1-minute fast runs uphill followed by 3-minute recoveries downhill.

The speed should be at the fastest pace you can maintain without slowing down as the work out progresses. Do this 4 times (16 minutes) after which you take a longer recuperation jog of some 5-10 minutes. This may serve as your cooling down, or if you're in for it you could perform another 16-minute cycle.

Try to keep your frequency uphill also between 170-180 steps/minute.

Enjoy!