

Running to stay fit 4

Week 7

Start with a 5-10 minute warming-up and then jog for 2 x 15 minutes.

If this goes well the first time, you might consider to change one of the 15 minute intervals to 20 minutes, and if there's a 3rd time and one 20-minute interval was accepted by your joints and muscles you could even make both intervals 20 minutes.

Week 8

If you've been following my schedules, and haven't injured yourself doing so, I'm quite convinced that in this week you can jog 30 minutes, uninterrupted.

In my running fundamentals course I tell my students that, once they've run 30 minutes they can safely add to their program some speed work. But be careful not to overdo it. Once a week will do, to begin with. The faster you run, the higher the impact of your landing. That's why speed work is very often done in intervals as well. In my 2nd and 3rd contribution you can find examples of speed work outs.

More tips for advanced runners

Two different types of speed workouts this time.

Away & home

In this work out you find yourself a nice route to run. The distance depends on your history, experience, running capacity and ambition. If you're preparing for an event, say **The 4Mijl**, then you might choose a stretch of 3-4 km. Try and find a route that's preferably level, which should not be too difficult around here. You run the distance of 3-4 km in a comfortable pace, then at the end you take a 1 or 2-minute break before you start on the same route back in the opposite direction. But on the way back you try to run half a minute/km faster.

Fartlek

Meaning "speed play" in Swedish, you also change between easy and intense intervals but not strictly regulated by time or distance, but in a more "playful" manner. I like to do my fartlek in the "Noorderplantsoen" where the terrain with the hills and steps makes it possible to make it just as intense as you can handle it. The secret is of course that you take the less intense stretches to get your breath back and recuperate from the more intense parts.

I hope the "Noorderplantsoen" isn't too crowded these days and that you can still go there without getting too close to your "neighbors"!

Enjoy!