



Getting faster is possible for all of us. Success comes from being patient, disciplined, and listening to your body. Just like any other training goal, speed work requires a gradual increase of intensity over time. So say goodbye to old school LSD- Long Slow Distance workouts. And say hello to training runs with a purpose.

Runners, new or seasoned, can improve their pace by adding these simple routines once a week:

Pickups- Mid run, insert 4-8 repeats of 30 second speed (not all out but a hard pace) and 60 seconds easy pace (30 secs on- 60 secs off). After the repeats return to your normal pace. Pick-ups are a great introductory speed workout that allow your legs to learn the sensation of speed.

Fartleks/speedplay- Fartlek training helps lengthen your speed interval. Mid run insert 3-5 repeats of 30 seconds to several minutes of increased speed (noticeable difference from normal pace) with easy jogs in between. The speed interval in fartleks are fun because you don't need a watch or a known distance. Simply pick a landmark (tree, lamp post, etc.) and ramp up the speed until you reach it. Then jog a bit while looking for the next landmark and pick up the pace again. Fartleks change ho-hum every day routes into a game, hence it's name speed play. Gradually lengthen the overall interval to 20-30 minutes once a week.

Tempo runs- These runs incorporate longer speed intervals of 1/2 mile +, help establish a sustained faster pace, and act as race pace simulators. Start with 2-3 repeats of 5 minute controlled increased speed. Move up to a run of 15 minutes- normal pace, 20 minutes increased sustainable pace, 15 minutes-normal pace. Soon enough you will be able to maintain your new pace for an entire run.

It comes down to this simple statement...if you want to run faster on race day then you must run faster during training. Therefore, incorporate the above speed workouts, run faster than race pace on long runs, run with faster runners, and you will definitely get faster! Find out your race pace [here](#) and start practicing it now. Training at the right pace months prior will teach your body to be race day ready.

www.TeamFisherHouse.org

Please note that the information contained in the Team Fisher House training updates are the opinions expressed by the Team Fisher House Training Support Staff, and do not necessarily reflect the opinions of other running "experts" or doctors. Therefore, it is advised that you seek additional support from knowledgeable specialists in your community if you require any training modifications or medical care. *Remember, it is wise to consult your doctor before starting a new exercise program.*