

2023 Outdoor Speed Session 1			
All workouts should begin with a 15+ minute warm-up, and finished with a cool-down of at least 10-minutes.			
19-Apr	6-10 sets of:		
	2-Minutes	(1-Min rest)	5k pace or faster (I-pace, 85-95%MHR)
26-Apr	3-sets of:		
	2-Minutes	(1-Min rest)	5k pace or faster (I-pace, 85-95%MHR)
	2-Minutes	(1-Min rest)	
	4-Minutes	(2-Min rest)	
3-May	6-sets of:		
	4-Minutes	(2-Min rest)	5k pace (I-pace, 85-95%MHR)
10-May	3-sets of:		
	8-Minutes	(2-Min rest)	10k pace (T-pace, 75-85%MHR)
17-May	4-Minutes	(2-Min rest)	5k pace (I-pace, 85-95%MHR)
	4-Minutes	(2-Min rest)	
	6-Minutes	(3-Min rest)	
	4-Minutes	(2-Min rest)	
	4-Minutes	(2-Min rest)	
24-May	6-8 sets of:		
	3-Minutes	(1:30 rest)	Mile pace (R-pace, 95-100%MHR)
31-May	8-Minutes	(4-Min rest)	5k pace (I-pace, 85-95%MHR)
	6-Minutes	(3-Min rest)	
	4-Minutes	(2-Min rest)	
	4-Minutes	(2-Min rest)	
	2-Minutes	(1-Min rest)	
	1-Minute		
7-Jun	Russian Ladder x 3-4		Great for Finishing Kick
	2-Minutes	(1-Min rest)	faster than 5k pace (R-pace, 95-100%MHR)
	1-1/2-Minute	(45-sec. rest)	
	1-Minute	(30-sec. rest)	
	30-Seconds	(2-Min rest)	
14-Jun	4-5 sets of:		
	4X-1-Minute	(30-sec. rest)	Mile pace or faster (R-pace, 95-100%MHR)
	1-Minute Rest	Between Sets	
21-Jun	6-8 reps of:		
	36 seconds hard		faster than 5k pace (R-pace, 95-100%MHR)
	1:36 easy		
28-Jun	Mystery Time Run	Mystery Rest	aka Karen's Delight (I-pace, 85-95%MHR)