



Running Challenges



UP TO 4 SESSIONS PER 7 DAYS

AEROBIC ENDURANCE

Option 1	Option 2	Option 3
2km in less than 8:00 min (avge speed = 15kph)	3km in less than 13:30 min/s (avge speed = 13.5kph)	5km in less than 24:00 min (avge speed 12.5kph)

Tempo Running

Option 1	Option 2	Option 3
20x 1 min@10kph : 1min@16kph	10 x 1min@10kph : 2min@15kph	6 x 1min@10kph : 4min@13kph

Intervals

Option 1	Option 2	Option 3
10 x 60s @ 18kph : 2min Walk (=10 x300m / 3km)	10 x 90s @ 16kph : 90s Walk (=10x400m / 4km)	3 x 4min @ 15kph : 2min Walk (=3x1km / 3km)

Max Aerobic Speed

Option 1	Option 2	Option 3
4x6 30:30s On/Off @ 18kph (1-2min recovery between sets)	4x6 20:20s On/Off @ 20kph (1-2min recovery between sets)	4x6 15:15s On/Off @ 20kph + (1-2 min recovery between sets)