

RUN TO RACE

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SATS

About Run to Race

Never have so many people signed up for running competitions
We want to help our members achieve their running goals, whether it's completing a marathon or setting a personal record in 5k or 10k.

The purpose of Run to Race is to provide you, as a runner, with a template of intervals that can be done in preparation for a competition. There are many different types of intervals – this program focuses on variation, which will give you different stimuli as a runner, preparing you to handle the challenges a race will present.

Release specific notes

Run to Race is a running program focusing on increasing running performance during 8 weeks.

It starts with slightly longer base intervals, aimed at helping you run more economically at a good pace over time. Traditionally, 1000-meter intervals are both the simplest and the best. In this program, the first two weeks can be compared to running 1000-meter intervals.

Weeks 3 and 4 are about handling various speeds within the same interval session – or being able to change gears mid-run. This is also a useful skill to master in a race. For example, if you run too fast on the longer intervals, it might affect your ability to increase speed later.

Weeks 5 and 6 focus on running well-controlled long intervals and being able to finish strong on the short ones.

Week 7 can be compared to running 400-meter intervals. This is also a common interval variant, where you work on speed in quite a few similar intervals. The goal here is to run progressively harder throughout.

Week 8 is the test. Here, you should try to showcase what you have been working on over the past few weeks. Competition is about daring, enduring a bit of discomfort – but at the same time being patient and gradually trying to maximize your potential. The key phrase is: don't think, just do!

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Week 1

Goal:

- Basic interval for working on maintaining good pace over time. Feeling should be in good control – and wanting to run faster

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Class part	Time	Intensity & incline	Directives
Warm up	10 min	Zone 2 - 3	<ul style="list-style-type: none">- Introduce yourself & the class concept- Interval & rest times and the recommended intensity- Particular information about the treadmill (hopping on & off safely)- Particular technique focus areas for this class, such as arm swing, low shoulders and being tall
Main part	29 min	Zone 4 Use the whole zone Rest Zone 2	<ul style="list-style-type: none">- 6 intervals of 4 min. Rest between intervals is 1 min- Rest is active recovery, walking or easy jog- No use of incline – focus is on speed
Recovery	5 min	Zone 2	<ul style="list-style-type: none">- Decrease the speed & incline- See and confirm all participants. Take time to repeat the technique cues & encourage return visit.- Encourage participants to wipe of their treadmill

Week 2

Goal:

- Like week 1, but a little bit faster / harder – since intervals are 1 min shorter. Feeling should be slightly tougher than week 1

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Class part	Time	Intensity & incline	Directives
Warm up	10 min	Zone 2-3	<ul style="list-style-type: none">- Introduce yourself & the class concept- Interval & rest times and the recommended intensity- Longer warm up giving extra time to coach technique and cueing for the class- Particular information about the treadmill (hopping on & off safely)- Particular technique focus areas for this class, such as arm swing, low shoulders and being tall
Main part	31 min	Zone 4 Use the whole zone Rest Zone 2	<ul style="list-style-type: none">- 8 intervals of 3 min, rest 1 min between intervals.- Rest is active recovery, walking or easy jog- No use of incline – focus is on speed
Recovery	4 min	Zone 2	<ul style="list-style-type: none">- Decrease the speed.- See and confirm all participants. Take time to repeat the technique cues & encourage return visit.- Encourage participants to wipe of their treadmill

Week 3

Goal:

- Playing with speed. Being able to increase speed. Rest between interval is the same all the way – that means that runner needs to think about the speed

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Class part	Time	Intensity & incline	Directives
Warm up	8 min	Zone 2 - 3	<ul style="list-style-type: none"> - Introduce yourself & the class concept - Interval & rest times and the recommended intensity - Particular information about the treadmill (hopping on & off safely) - Particular technique focus areas for this class, such as arm swing, low shoulders and being tall
Main part	32 min 15 sec	Zone 4 for 3 min intervals Zone 4 for 2 min intervals Zone 4 for 1 min intervals Rest -Zone 2	<ul style="list-style-type: none"> - 4 series of 3-2-1 min. Rest between is 45 sec.No special rest between series, just use 45 sec - See zones for speed. Since 45 sec is default rest, 3 min intervals should be with some control, while 1 min intervals can be hard – since rest is 45 sec. - Rest is active recovery, walking or easy jog - No use of incline – focus is on speed
Recovery	5 min	Zone 2	<ul style="list-style-type: none"> - Decrease the speed & incline - See and confirm all participants. Take time to repeat the technique cues & encourage return visit. - Encourage participants to wipe of their treadmill

Week 4

Goal:

- Same kind of intervals as in week 3, but not in series. Purpose same as week 3 – playing with speed

Run to race

Class part	Time	Intensity & incline	Directives
Warm up	8 min	Zone 2-3	<ul style="list-style-type: none"> - Introduce yourself & the class concept - Interval & rest times and the recommended intensity - Longer warm up giving extra time to coach technique and cueing for the class - Particular information about the treadmill (hopping on & off safely) - Particular technique focus areas for this class, such as arm swing, low shoulders and being tall
Main part	33 min 30 sec	Zone 4 for 3 min intervals Zone 4 for 2 min intervals Zone 4 for 1 min intervals Rest -Zone 2	<ul style="list-style-type: none"> - 4 x 3 min , 4 x 2 min, 4 x 1 min. - 1 min rest for 3 and 2 min intervals and 30 sec between 1 min intervals. Rest between different type of intervals is also 1 min - Rest is active recovery, walking or easy jog - No use of incline – focus is on speed
Recovery	4 min	Zone 2	<ul style="list-style-type: none"> - Decrease the speed. - See and confirm all participants. Take time to repeat the technique cues & encourage return visit. - Encourage participants to wipe of their treadmill

Week 5

Goal:

- Intervals with mixed pace. Target is steady good pace around threshold on the long ones. And finish with 4 x 1 min that is supposed to be hard! Purpose is being able to increase pace towards the end of session / race

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Class part	Time	Intensity & incline	Directives
Warm up	10 min	Zone 2 - 3	<ul style="list-style-type: none"> - Introduce yourself & the class concept - Interval & rest times and the recommended intensity - Particular information about the treadmill (hopping on & off safely) - Particular technique focus areas for this class, such as arm swing, low shoulders and being tall
Main part	30 min 30 sec	Zone 4 for the first 5 intervals, increasing to zone 5 for the last 4 Rest -Zone 2	<ul style="list-style-type: none"> - 5 x 4 min + 4 x 1 min - Rest 1 min between 4 min intervals – and 30 sec between 1 min intervals - Rest is active recovery, walking or easy jog - No use of incline – focus is on speed
Recovery	5 min	Zone 2	<ul style="list-style-type: none"> - Decrease the speed & incline - See and confirm all participants. Take time to repeat the technique cues & encourage return visit. - Encourage participants to wipe of their treadmill

Week 6

Goal:

- This is the hard one. Testing both endurance and pace. Feel how it is to run hard, when legs ad body is somewhat tired after the long intervals.

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Class part	Time	Intensity & incline	Directives
Warm up	10 min	Zone 2-3	<ul style="list-style-type: none"> - Introduce yourself & the class concept - Interval & rest times and the recommended intensity - Longer warm up giving extra time to coach technique and cueing for the class - Particular information about the treadmill (hopping on & off safely) - Particular technique focus areas for this class, such as arm swing, low shoulders and being tall
Main part	30 min	Zone 4 for 6 min intervals Zone 4 for 4 min intervals Zone 5 for 2 min intervals Rest -Zone 2	<ul style="list-style-type: none"> - 2 series with 6-4-2 min intervals. 90 sec rest after 6 min intervals. Otherwise 1 min. Also 1 min rest between the 2 series. - Try to increase speed on the second series if possible. Meaning that you run the second 6 min with slightly higher speed and the same with the second 4 and 2 min intervals - Rest is active recovery, walking or easy jog. - No use of incline – focus is on speed
Recovery	4 min	Zone 2	<ul style="list-style-type: none"> - Decrease the speed. - See and confirm all participants. Take time to repeat the technique cues & encourage return visit. - Encourage participants to wipe of their treadmill

Week 7

Goal:

- Race preparation. This session is about testing race pace. Start hard but controlled – and try to run progressive and end up pretty close to actual race pace.

Run to race

Class part	Time	Intensity & incline	Directives
Warm up	10 min	Zone 2 - 3	<ul style="list-style-type: none">- Introduce yourself & the class concept- Interval & rest times and the recommended intensity- Particular information about the treadmill (hopping on & off safely)- Particular technique focus areas for this class, such as arm swing, low shoulders and being tall
Main part	29 min 30 sec	Zone 4 for the first 8 Zone 5 last 4 intervals, Rest Zone 2	<ul style="list-style-type: none">- 15 intervals of 90 sec on / 30 sec off- Standing rest (optional walking/easy jog)- No use of incline – focus is on speed
Recovery	5 min	Zone 2	<ul style="list-style-type: none">- Decrease the speed & incline- See and confirm all participants. Take time to repeat the technique cues & encourage return visit.- Encourage participants to wipe of their treadmill

Week 8

Goal :

5 km test

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Class part	Time	Intensity & incline	Directives
Warm up	10 min	Zone 2-3	<ul style="list-style-type: none">- Prepare for the race- Talk about being relaxed, but confident- Arm swing, low shoulders, being tall-
Main part	30 min	Zone 5	<ul style="list-style-type: none">- 5 km test- Don't think, just do- Encourage runners- Remind them on technique- Set the right pace and be able to increase speed
Recovery	4 min	Zone 2	<ul style="list-style-type: none">- Decrease the speed.- See and confirm all participants. Take time to repeat the technique cues & encourage return visit.- Encourage participants to wipe of their treadmill

In this 5 km test it is important that no participants feel left behind. Encourage the participants that have finished the challenge to cool down on the tread mill and cheer on the other participants, helping them to reach the finish line. You as the instructor needs to be more on the floor and really see the participants so they all fell that “we are in this together”. The motto in Indoor Running is “We leave no one behind” and this counts for Run to Race as well 😊