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## Session Information

### **Fartlek Session**

Fartlek is Swedish for 'speed play'. It involves varying the intensity of your run to teach your body to recover quicker and allows you to tax the aerobic and anaerobic systems by running off feel. In your plan you will have percentages to run off. These relate to the intensity you should be running. In some cases you may run 80% of your race pace at max, and slow to 50-60% of race pace. Over time this will also teach you your approximate paces to run at. Try to keep the intensity (80% hard-60% easy) consistent throughout the session.

### **Tempo Session**

This is a faster paced run which is known as a lactate threshold run. It is not at race pace, but slightly below. You are to maintain a consistent pace for your tempo run. Do not start out so hard that you cannot hold it. The idea is to get you to run at this pace for a certain amount of time (usually 15-30 minutes) but not tire you out too much for your training the next day. Always be sure to do 2-3 strides before you start the tempo to get your legs ready to turn over faster.

### **Hill Session**

Hill Sessions are all about building strength and speed in a runner. The hills will vary in distance and speed depending on the gradient of the hill. You are able to pick your gradient, but the less gradient the faster the hill sprints should be.

### **Interval Session**

Interval Sessions are designed to run at race pace with a designated rest between each repetition. The distance of each repetition will vary between sessions as well as the distance. These sessions are designed to get you running at threshold pace for a certain distance to allow the body to become familiar with race pace but not completely destroy you.

### **Strides**

A stride is not a sprint, but a faster paced run than your normal running pace. They are included in your program to get your legs familiar with turning over faster throughout the 8-week plan. These are very important to aid your running speed.