



CARDIO

FOR SPEED AND ENDURANCE

CARDIO SPLIT



RUN	REPS	DURATION	REST (MIN)	NOTES
EASY RUN	1	3-7 MILES	N/A	<ul style="list-style-type: none">• Perform at a speaking pace.
INTERVALS	4-8	400-800 METERS	WALK OR JOG .25 MILES	<ul style="list-style-type: none">• Focus on step rate, not length.
HILL SPRINTS	4-10	30-60 SEC	JOE DOWN HILL OR 2 MIN	<ul style="list-style-type: none">• Focus on explosiveness.
TEMPO	1	15-60 MIN	N/A	<ul style="list-style-type: none">• Start slow and accelerate.
LONG RUN	1	3-24 MILES	N/A	<ul style="list-style-type: none">• Add one mile/week.• Perform at speaking pace.

FOR SPEED



***ONLY DO ONE SPEED
WORKOUT A WEEK***

INTERVALS



- Focus on increasing step rate not stride length.
- Go hard on these, be explosive and focus on pose-running.
- Walk or jog a quarter mile between each interval.

TEMPO



- Start out at a speaking pace for 5-10 minutes.
- Next, accelerate your pace for 15-25 minutes to your 5-10k pace.
- Finish off with a 5-10 minute cooldown at a speaking pace.

HILL SPRINT



- Aim for 30-60 seconds of work each rep.
- Focus on driving up the hill with **explosiveness!**
- Jog down the hill and aim for no longer than 2 min rest between each rep.

FOR ENDURANCE



EASY RUN



- Perform at speaking pace which means you could talk with a training partner without slowing down.
- Heart rate should be between 65-75% of max.
- Add 1 mile/week. Capped at 7.

LONG RUN



- Speaking pace.
- Start at 2-3 miles and add one mile every week.
- Overload is found in the distance, not the speed. I personally cap these runs at 10-12 miles.
- Podcasts/music may help!

RECOVER



- Walk for 5-10 minutes post-run to slowly decrease your heart rate.
- Perform Static stretching: 2 sets of 30-60 second holds.
- Sleep for at least 7-9 hours. Aim to reduce stress outside of training.

STATIC STRETCHING



- Immediately following any running or lifting workout static stretching should be performed to reduce muscle soreness and maintain muscle length.
- To be effective, a static stretch must be held for at least 15 seconds, and holding for 30 to 60 seconds will yield most of the benefit. I personally perform 2-4 sets of 30 second holds.
- Aim to target the hamstrings, calves, quadriceps, hip flexors, and glute muscles after running or lifting.

LOWER BODY



UPPER BODY



DYNAMIC WARMUP



- A 10-15 min dynamic warmup with body parts used in the workout helps safe and effective performance.
- Dynamic warmups can be nonspecific, such as air-squats before a deadlift, or specific as in lifting an empty bar with perfect form.
- Before I run or lift I do mobility drills for 15-30 sec each.
- Examples Below from left to right are: leg-swings, high knees, and air squats. Upper body we have arm circles, band pull-aparts, and rowing with external rotation.

LOWER BODY



UPPER BODY

