
THE
MANSKE
METHOD

The Manske Method

A Comprehensive Guide for Runners

By Mark Manske

Total Running Solution

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Chapters 1·9 (sequential)

Run Type	Description	Effort Level	Purpose	Typical Volume
Short Hill Sprints	Explosive uphill sprint (6–10 sec), full recovery	95–100% (all-out)	Improve neuromuscular power and stride mechanics	4–10 reps, full walk-back recovery
Strides	Smooth accelerations over 80–100m	85–90% (fast but relaxed)	Reinforce form, turnover, and leg speed	4–6 reps, ~20–30 sec jog rest
Easy Run	Comfortable aerobic run	60–75% (conversational)	Build aerobic base, promote recovery	30–90 min depending on athlete
Tempo Run	Sustained effort near lactate threshold (20–40 min)	85–88% (comfortably hard)	Increase aerobic threshold and running economy	20–40 min total effort
Threshold Reps	Controlled intervals at threshold pace	87–90% (controlled hard)	Improve lactate clearance and sustained speed	20–40 min quality, 1–2 min rest
VO_2 Max Prep	Intervals at 3k–5k pace	92–98% (very hard)	Boost oxygen uptake and running efficiency	15–25 min work, ~1:1 work-rest

Chapter 1: Building the Foundation

Joshua Cheptegei — 5000m & 10,000m World Record Holder

Joshua Cheptegei — World Record Holder (5000m & 10,000m)

Every runner loves to talk about the workouts that make headlines: blistering track intervals, heroic long runs, marathon■pace tempos. But if you sit down with the world's best athletes, they'll point to something far less glamorous as the real secret to their success: a massive aerobic base.

Why the base matters Running performance is mostly aerobic—even the mile is largely aerobic. Your success hinges on delivering oxygen, clearing lactate, using fat to spare glycogen, and resisting musculoskeletal breakdown. Easy mileage is how you build those systems. Each easy mile is a small deposit; months of deposits compound into race■day strength.

Find your mileage ceiling Copying pro mileage is a trap. Instead, find the most you can run for 6–8 consecutive weeks without injury or burnout. - Beginner: ~20–30 mpw - Intermediate: ~30–50 mpw - Advanced recreational: ~50–70 mpw Hold that level until it feels routine, then add 5–10% if life and durability allow.

Easy really means easy Most runners run their easy days too hard. Stay conversational. If you can’t talk easily, slow down. Easy running builds capillaries, mitochondria, tendon strength, and fat■burning without taxing the nervous system—so you can show up fresh for workouts.

Monday hills: strength in disguise In our weekly framework, Mondays pair an easy run with short hill sprints: 6–10 seconds all■out up a 6–8% grade, with a full walk■back recovery (2–3 minutes). Start with 4 reps, build to 8–10. These aren’t conditioning—they’re neural training that fortify tendons, strengthen calves/hamstrings/glutes, and make your stride snappier at all paces.

Cross■training & simple strength Supplemental cycling, pool running, and elliptical can add aerobic volume with less impact. Twice■weekly strength (split squats, deadlifts, calf raises, planks/bridges) builds durability and efficiency. Think of it as insurance that lets you absorb more running.

Build over time You can’t rush a foundation. Stringing together six months of consistent training at your ceiling mileage will move the needle more than any single heroic week.

Sample base week (≈35 mpw) Mon 45 min easy + 6×8s hill sprints Tue 6 mi easy Wed 5 mi easy or cross■train Thu 7 mi steady (LT1 effort) Fri 5 mi easy + 6×100m strides Sat 6 mi easy Sun 10 mi long run (easy)

Reflection: What’s your current mileage ceiling? Do you run easy days too hard? Are you including short hills weekly?

Transition: With a foundation in place, the next step is training at the right intensities—which is where zones come in.

Chapter 2: Understanding Training Zones

One of the easiest ways to waste training is to always run “medium hard.” You finish sweaty and tired, but you’re stuck in no■man’s■land: too hard for recovery, too easy for real adaptation. Training zones fix that by giving every run a purpose.

The science behind zones Think of zones as gears: - Zone 1 (Recovery/Easy): low HR, mostly fat for fuel; builds base with minimal stress. - Zone 2 (Steady/LT1): stronger aerobic stimulus; teaches glycogen sparing. - Zone 3 (Tempo/MP): useful sparingly; easy to overdo. - Zone 4 (Threshold/LT2): the sweet spot—comfortably hard; trains lactate clearance and reuse. - Zone 5 (VO■ max): short, hard intervals; raises aerobic ceiling. - Zone 6 (Sprints/Neuromuscular): 6–10s max efforts; improves mechanics and tendon stiffness.

How elites use zones Kenyan groups run truly easy on recovery days and controlled on workout days. The Norwegians spend huge amounts of time at threshold but seldom over it. You can mimic this without gadgets—by feel.

Finding your zones (simple methods) - Feel (RPE): Z1 2–3/10; Z2 4–5/10; Z4 7–8/10. - Heart rate: Z1 65–75% max; Z2 75–85%; Z4 85–90%. - Pace: Threshold ≈ pace you could race for ~1 hour; LT1 ≈ ~60–70 sec/mi slower than threshold. - Power: Threshold ≈ 88–92% of Critical Power (CP).

Close counts. Err on the easier side for sustainability.

Where zones fit in the week - Mon: Z6 short hill sprints (neural) - Tue: Z4 longer threshold reps (aerobic strength) - Thu: Z4/5 shorter threshold (aerobic power) - Sat: Z5–6 hill repeats (speed endurance) - Sun: Z2–3 long run (endurance) The rest is Z1 easy running.

Common mistakes Running easy too hard; living in Zone 3; turning threshold into a race; skipping sprints/strides.

Coach’s note: If you change one thing, slow your easy days. Your workouts will instantly improve.

Reflection: Which zone do you avoid? Do you routinely blur Z1 into Z3?

Takeaway: Zones aren’t math for math’s sake—they’re clarity. They keep easy days easy and workouts purposeful.

Chapter 3: The Norwegian Model

Jakob Ingebrigtsen — Olympic Champion & Master of the Norwegian Double Threshold Model

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What's different about the Norwegian model 1) Frequent threshold: two controlled threshold sessions weekly (pros sometimes split AM/PM). 2) Volume over intensity: big totals at LT2 using repeatable sets (6×6 min, 10×1k, 25×400 @ LT). 3) Balanced with neuromuscular work: short sprints/strides/hills keep mechanics sharp.

Why threshold twice/week works Threshold (LT2) teaches you to clear and reuse lactate, recruit more fibers aerobically, and delay fatigue. Most runners do it too hard and too rarely. The Norwegians go slightly easier, do more volume, recover faster—then come back tomorrow.

No lactate meter? No problem Run "comfortably hard"—the effort you could hold ~1 hour. Talk in short phrases. HR ~85–90% max. If a session leaves you flattened, it wasn't threshold.

Weekly placement (our master framework) Tue = longer threshold (e.g., 5×6 min; 3×10 min; 4×2k) Thu = shorter threshold (e.g., 10×3 min; 25×400 @ LT; 45–15s)

Mon/Sat = neural speed (short hills, then hill repeats) Sun = long run

Example 8■week Tuesday progression W1 5×6' (1' jog) W2 3×10' (2') W3 6×6' (1') W4 4×8' (90") W5 2×15' (3') W6 5×7' (90") W7 3×12' (2') W8 3×6' (1')

Pitfalls: Going too hard; doing threshold sporadically; skimping recovery; copying pro doubles.

Coach’s note: “Stack days, don’t set records in training.” Treat threshold as your weekly centerpiece.

Reflection: Could you commit to two controlled threshold sessions for eight weeks? What would you change to make that sustainable?

Chapter 4: The Long Run Advantage

Eliud Kipchoge calls the long run his “church.” It builds what nothing else can: mitochondria, capillaries, connective■tissue resilience, fat metabolism, and the confidence to stay smooth when fatigue arrives.

Distance■specific guidelines - 5k/10k: cap long run at 75 minutes, no secondary long runs. - Half marathon: build to 12–15 miles. - Marathon: build to 18–22 miles, often with marathon■pace blocks; occasional medium■long midweek for marathoners only.

Styles you can rotate 1) Steady: all easy pace. 2) Progression: last 20–30% faster (LT1/MP). 3) Fast finish: final miles at HM/MP. 4) Surge: 60–90s pickups every 10 min.

Most runners can simply alternate steady and progression.

Placement in the week The long run anchors Sunday—after Saturday hills and before Monday’s easy/short sprints—so endurance grows without clashing with thresholds.

Fueling <75' = water as needed. 90–120' = 30–60g carbs/hr. Marathon prep = 60–90g/hr. Practice fueling so race day isn’t a surprise.

Sample 4■week progressions 5k/10k: 60e 70e 75e 75 prog (last 20' faster) Half: 10e 11 prog (last 3) 12e 13 w/ last 4 @ MP Marathon: 14e 16 prog 18e 20 w/ last 6 @ MP

Mistakes: Racing long runs; going too long for your event; skipping fueling practice; ignoring recovery Monday.

Reflection: How long is your current long run? Do you often run it too hard? Are you practicing fueling?

Chapter 5: Speed Development for All

Speed development isn’t about turning you into a sprinter—it’s about making every pace cheaper. Raise your top■end speed and your threshold/MP will feel smoother.

Two faces of speed in our week - Mon: Short hill sprints (6–10s all■out, 6–10 reps, full walk■back): neural power, tendon stiffness. - Sat: Hill repeats (12–16×200m or 8–10×300m, jog■down): speed endurance and mechanics under fatigue.

Why short hills work (Mon) Safest way to hit max intensity; fortify calves/hamstrings/glutes; improve elastic return; zero aerobic cost so thresholds stay quality.

Why hill repeats work (Sat) Train fast■twitch fibers aerobically; build posterior■chain endurance; improve running economy; teach relaxed speed under fatigue. Effort is fast but controlled—never sloppy.

8■week outline Mon hills: 4×8s → 6×8s → 8×8s → 10×8s → 8×10s → 10×10s → 8×8s (deload) → 6×6s (taper) Sat hills: 12×200 → 8×300 → 14×200 → 10×300 → 16×200 → 10×300 → 12×200 (deload) → 8×200 (taper)

Common errors: Making sprints too long; rushing recoveries; racing Saturday reps; letting speed compromise thresholds/long run.

Reflection: Do you include short hills weekly? Are Saturday reps fast but smooth, or do you tie up?

Chapter 6
: Recovery, Sleep & Nutrition

Progress happens after the run, not during it. Stress + Rest = Growth. For busy runners, recovery is the competitive edge.

Sleep first The cheapest, most powerful performance booster is sleep. Aim for 7–9 hours; a 20–30 min nap after hard sessions helps. Keep a consistent routine, dim lights, and park screens pre■bed.

Fuel like it matters Carbs power workouts; protein (≈20–25g within 60 min) repairs; healthy fats support hormones. Hydrate steadily—2–3% dehydration hurts performance.

Fueling during runs <75' = no fuel needed (hydrate). 90–120' = 30–60g carbs/hr. Marathon prep = 60–90g/hr. Train the gut in training, not on race day.

Tools that actually help Foam rolling, mobility, occasional massage/contrast can aid soreness. But the real levers are sleep, nutrition, hydration, and honest easy days.

Recovery by design Our framework bakes recovery in: Mon easy + short hills; Wed easy/x■train; Fri easy; Sun long → Mon easy. Respect the easy days and the hard days will work.

Mental recovery Life stress stacks with training stress. Walk breaks, short mindfulness, and a forgiving training log keep the needle moving without burnout.

Reflection: Are you sleeping 7+ hours? Do you refuel promptly after hard days? Which recovery habit will you add this week?

Chapter 7
: The Mental Game & Lifestyle

Sifan Hassan — Olympic & World Champion, Versatile Distance Runner

Sifan Hassan — Olympic & World Champion, Versatile Distance Runner

At the top level everyone is fit; the difference is mindset. Recreational runners succeed the same way: consistency, patience, and resilience.

Consistency > intensity 30 mpw for a year beats 60 mpw for a month. Protect key appointments: Tuesday threshold, Thursday threshold, Sunday long run.

Process over outcome Don’t chase a PR every week; chase better training weeks. Races are checkpoints, not verdicts.

Identity Shift from “I run” to “I am a runner.” Identity drives behavior on cold mornings and busy weeks.

Toughness vs resilience Toughness finishes a long run in the rain; resilience adapts training during setbacks and keeps going. Life will interrupt—win by adjusting, not quitting.

Motivation hacks Community (run club), environment (clothes laid out), micro■goals (4 runs this week), rituals (coffee, playlist).

Reflection: When life interrupts, do you adapt or stop? What small ritual will reinforce your identity this week?

Chapter 8
: Training Templates

Principles only matter if they become plans. Use the master framework and scale mileage to your ceiling.

Master weekly framework (recap) Mon easy + short hill sprints (6–10s × 6–10) Tue longer threshold reps (e.g., 5×6', 3×10', 4×2k) Wed easy / cross■train Thu shorter threshold reps (e.g., 10×3', 25×400 @ LT, 45–15s) Fri easy Sat hill repeats (12–16×200 or 8–10×300, jog down) Sun long run (75' cap 5k/10k; 12–15 HM; 18–22 M)

8■week skeletons 5k (25–35 mpw) – thresholds: 5×5' → 6×5' → 4×8' → 3×10'; Thu rotates 10×3', 25×400, 45–15s; Sat hills weekly; long run to 75'. 10k (30–40 mpw) – slightly longer Tue thresholds; long run still capped at 75'. Half (40–55 mpw) – longer thresholds; long runs to 14–15 mi. Marathon (50–70 mpw) – thresholds continue; long runs to 20–22 mi with MP blocks.

Adapting on the fly Missed day? Move on. Fatigued? Cut reps, keep quality. Niggle? Cross■train. Busy week? Hit Tue threshold and Sun long run—skip the rest.

Reflection: Which template fits your goal? Can you commit to one full 8■week cycle following this rhythm?

season is refinement, not reinvention.

VO■ max phase (6–8 weeks out) Swap Tuesday threshold for VO■ intervals; keep Thursday short■threshold and Saturday hills. Examples: 6×800 @ 3k–5k pace (2–3'), 5×1k @ 5k pace (2–3'), 8×2' hard/2' jog.

Sharpening phase (final 3 weeks) Shift to short, high■quality reps with full recovery for coordination and race rhythm: 6×400 faster than race pace (2–3'), 5×300 all■out (full), 3×800 @ race pace (full).

Race week Only the Tuesday workout remains (e.g., 6×200 @ race pace, full recovery). All other days easy with strides. Reduce volume 30–50%. Arrive fresh, not fried.

Distance notes 5k/10k: VO■ is priority; long run capped at 75'. Half: keep Thu threshold; Tue VO■ slightly longer (e.g., 6×1k). Marathon: prioritize specific long runs with MP; VO■ is secondary “power” work; sharpening = long MP tempos, not sprints.

Pitfalls: Too much intensity; racing workouts; cutting recovery; changing everything at once.

Reflection: Do you add intensity too early? Which sharpening set matches your race? Will you actually cut volume race week?

Conclusion: Becoming Your Own Elite

Runners love the myth of a magic workout. The real magic is consistency: thousands of ordinary days stacked patiently. You now have a modern framework built on elite principles and adapted to real life.

- Foundation: easy running and sustainable mileage. - Zones: clarity that keeps easy days easy and workouts purposeful. - Threshold: the weekly centerpiece that quietly changes everything. - Long run: your endurance anchor, scaled to your race. - Speed: short hills and hill repeats to stay sharp and resilient. - Recovery: sleep, fueling, hydration, and true easy days. - Mindset: identity, process, resilience. - Templates and racing transition: from training to performance.

You don’t need a camp in Iten to train like the elites. Protect your rhythm—two thresholds, one hill session, one long run, lots of easy running—then keep showing up.

Your PR is your world championship. Trust the framework. Believe in the process. Become your own elite.

Appendix: Training Tables & Long Run Progressions

Here are practical training tables you can use directly or adapt to your mileage and race distance.

8-Week Training Progressions by Race

5k Training Plan (25–35 mpw) Tue Threshold: 5×5' → 6×5' → 4×8' → 3×10' Thu Threshold: 10×3' 25×400 45–15s Sat Hills: 12–16×200m or 8–10×300m Long Run: Cap at 75'

10k Training Plan (30–40 mpw) Tue Threshold: 5×6' → 3×10' → 6×6' → 4×8' Thu Threshold: 25×400 10×3' 45–15s Sat Hills: 200s/300s alternating Long Run: Cap at 75'

Half Marathon Plan (40–55 mpw) Tue Threshold: 5×7' → 3×12' → 6×6' → 2×15' Thu Threshold: 10×3' 25×400 45–15s Sat Hills: Weekly Long Run: 10 → 15 miles

Marathon Plan (50–70 mpw) Tue Threshold: 5×8' → 3×12' → 6×7' → 2×20' Thu Threshold: 25×400 10×3' 45–15s Sat Hills: Weekly Long Run: 14 → 20–22 miles (some with MP blocks)

Long Run Progressions

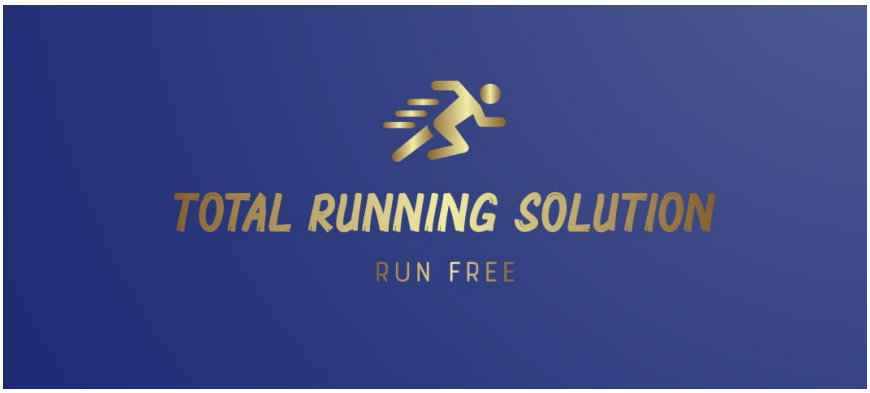
5k / 10k (cap 75 min) W1 60' easy W2 70' easy W3 75' steady W4 75' progression

Half Marathon W1 10 mi easy W2 11 mi progression (last 3 faster) W3 12 mi steady W4 13 mi (last 4 @ MP)

Marathon W1 14 mi easy W2 16 mi progression W3 18 mi steady W4 20 mi (last 6 @ MP)

Strength Training for Runners

A Comprehensive Guide to Building Strength, Power, and Mobility



Prepared by:

Total Running Solution

Coach Mark Manske

Why Low Rep, Heavy Exercises Matter for Runners

Runners often believe that higher-rep, lighter weight training is best for endurance. However, research and practice show that incorporating low-rep, heavy resistance exercises is especially beneficial for distance running performance.

Key reasons include:

1. Improves maximal strength, allowing each stride to use a smaller percentage of available strength, which delays fatigue.
2. Enhances neuromuscular efficiency, improving stride power and running economy.
3. Strengthens tendons, ligaments, and connective tissues, reducing injury risk.
4. Builds resilience for hills, sprints, and late-race fatigue when muscles are taxed.

Section 1: Plyometrics (Explosiveness & Elasticity)

Split Squat Oscillations

Purpose: Develops reactive single-leg strength and reinforces hip/knee stability.

Benefits:

1. Mimics mid-stance loading in running.
2. Builds quad and glute endurance.
3. Improves balance and neuromuscular coordination.

How to Perform:

1. Begin in a lunge position.
2. Lower until the front knee is at ~90°.
3. Pulse up and down in short, quick movements (2–6 inches).
4. Keep chest upright and knee stable.

Recommended Reps/Sets: 3x5 per leg

Single-Leg Pogo Hops

Purpose: Trains ankle stiffness and lower-leg reactivity for efficient running economy.

Benefits:

1. Builds calf–Achilles spring.
2. Improves turnover and ground contact time.
3. Reduces shin splint and Achilles injuries.

How to Perform:

1. Stand on one leg.
2. Perform small, quick hops, minimizing ground contact.
3. Keep knee slightly bent and drive from the ankle.

Recommended Reps/Sets: 2–3x15–20 per leg

Box Drop Jumps

Purpose: Improves eccentric control and power absorption — key for hills and speed work.

Benefits:

1. Strengthens tendons and joints.
2. Builds landing mechanics and resilience.
3. Enhances stretch–shortening cycle efficiency.

How to Perform:

1. Step (not jump) off a box.
2. Land softly on both feet, knees bent, hips back.
3. Immediately absorb force and stick the landing, or rebound into a quick hop.

Recommended Reps/Sets: 3x5

Section 2: Strength Lifts (Power & Stability)

Bulgarian Split Squats

Purpose: Builds unilateral strength and control, mimicking the demands of running.
Benefits:

1. Strengthens glutes, quads, and hamstrings.
2. Improves stride power.
3. Reinforces hip/knee stability.

How to Perform:

1. Place one foot on a bench behind you.
2. Lower into a controlled lunge until the front thigh is parallel to the ground.
3. Drive back up through the front heel.

Recommended Reps/Sets: 3x5 per leg

Nordic Hamstring Curls

Purpose: Strengthens hamstrings eccentrically to prevent injuries.
Benefits:

1. Protects against hamstring strains.
2. Improves sprint finishing power.
3. Enhances posterior chain durability.

How to Perform:

1. Kneel with ankles secured (by partner or under a heavy object).
2. Slowly lean forward, resisting with hamstrings.
3. Catch yourself with hands and push back up.

Recommended Reps/Sets: 3x3

Reverse Nordics

Purpose: Strengthens quadriceps eccentrically and improves knee health.
Benefits:

1. Improves quad resilience for downhill running.
2. Enhances eccentric knee control.
3. Reduces risk of patellar tendon issues.

How to Perform:

1. Kneel on a soft surface with torso upright.
2. Lean backward slowly, keeping hips extended and core tight.
3. Lower until you feel tension in the quads, then return to start.

Recommended Reps/Sets: 3x10–12

Hex Bar Deadlift

Purpose: Builds total body strength with emphasis on glutes, hamstrings, and quads in a runner-safe hinge pattern.
Benefits:
1. Develops maximal lower-body strength for powerful stride mechanics.
2. Strengthens posterior chain for hills and sprints.
3. Safer for runners' lower backs compared to conventional deadlifts.

How to Perform:
1. Stand inside a hex bar with feet hip-width apart.
2. Grip the handles firmly, brace core, and push through heels.
3. Stand tall without leaning back, then lower under control.

Recommended Reps/Sets: 3x5

Straight-Leg Calf Raises

Purpose: Strengthens the gastrocnemius for push-off power.
Benefits:
1. Improves running economy.
2. Builds lower-leg durability.
3. Prevents Achilles issues.

How to Perform:
1. Stand tall on both feet or one leg.
2. Raise onto toes, hold, then lower slowly.
3. Keep legs straight.

Recommended Reps/Sets: 3x5

Bent-Leg Calf Raises

Purpose: Targets the soleus, crucial for long-distance running endurance.
Benefits:
1. Improves fatigue resistance in calves.
2. Supports late-race mechanics.
3. Reduces Achilles and shin injuries.

How to Perform:
1. Stand with knees slightly bent.
2. Rise onto toes, hold briefly, then lower slowly.
3. Focus on controlled range of motion.

Recommended Reps/Sets: 3x5

Sit-to-Stand

Purpose: Trains glute and quad activation through a natural running pattern.
Benefits:
1. Builds functional strength for running posture.
2. Reinforces hip drive and stride mechanics.
3. Simple, effective bodyweight option.

How to Perform:
1. Sit on a chair/bench.
2. Stand up without using arms.
3. Slowly sit back down under control.

Recommended Reps/Sets: 3x5

Section 3: Core & Stability Work

Copenhagen Plank

Purpose: Strengthens adductors and hip stabilizers.
Benefits:
1. Reduces groin/hip injuries.
2. Supports pelvic alignment in running.
3. Complements glute and core training.

How to Perform:
1. Side plank with top inner thigh resting on a bench.
2. Lift hips, keeping body in a straight line.
3. Hold for time.

Recommended Reps/Sets: 2–3x8–10 per side

Standing Clamshell

Purpose: Activates glute medius for hip stability.
Benefits:
1. Prevents knee collapse while running.
2. Improves stride alignment.
3. Strengthens lateral hip control.

How to Perform:
1. Stand with mini-band above knees.
2. Push one knee outward against resistance.
3. Keep hips level, repeat both sides.

Recommended Reps/Sets: 2–3x10–15 per side

Band Walks

Purpose: Strengthens lateral hip muscles and stabilizers.
Benefits:
1. Improves knee tracking.
2. Reduces IT band syndrome risk.
3. Builds hip strength for hills.

How to Perform:
1. Place band above knees.
2. Take small side steps, keeping knees bent.
3. Stay low and controlled throughout.

Recommended Reps/Sets: 2–3x8–12 steps each direction

Total Running Solution – Workout Collection

Threshold / Tempo Workouts

- 3×12 at LT1 – Raise Your Aerobic Floor by Controlling the Effort
- Keep Things Simple with the 30-Minute Tempo Run
- Marathon Rehearsal: Practicing Marathon Pace
- Marathon Strength: 10×5 Minutes
- A 1-Hour Progression Tailored to Marathon Training
- Maximize Your LT1 Development with This Long Rep Workout
- Building Strength: The 5×6 Minutes Workout
- Long Reps for Marathon Strength

VO■ Max / Speed Workouts

- 15×1 Minute – A Great Workout for VO■ Max Development and Speed
- 10–15×2 Minutes – An Intense Workout for Any Distance
- Nail Your Next 1500 with This Classic Race Predictor
- 10×300 Hill Repeats – Strength and Speed in the Same Session
- Get Ready for Race Day with the 12×400 Workout
- 25×400 – A Great Way to Add Speed While Staying Under Threshold
- 8×600 – An Excellent 3k Race Predictor
- A Great Workout for Peaking Effectively: 6×300

Blended / Mixed-Intensity Workouts

- A 5k Specific Workout to Sharpen Up for Your Goal Race
- Mini Pyramid Workout
- 4's and 2's – Prepare for Unpredictable Surges in Your Next Race
- Practice Shifting Gears with This Fast-Finishing Workout Add-On
- HM Workout: Threshold Reps and Speedy Ladder to Finish
- "Climb the Ladder" – 600 Reps that Keep Progressing in Pace
- A 10k Confidence Builder Workout (with Optional Speed Work)

- Work on Speed Endurance with This Simple Interval Workout
- Crush Your Next Race with This 5k Specific Workout
- The “In-Betweener” Threshold Reps Workout
- 15-15-15 – A Half/Full Marathon Cutdown Workout
- Practice Mid-Race Surging with This Combined LT/VO■ Max Workout
- A 5k/10k Sharpener – 6×600 + 6×300
- Strengthen and Sharpen with Mile Repeats and Fast 150’s
- Start Fast and Finish Fast with This Mixed Intensity Workout
- A Blended Intensity Workout That Keeps You Sharp Year Round
- The Tempo Sandwich – Mix Threshold and Speed
- Descending Ladder – Hit All Your Systems for a Faster Race Day
- Stay in Touch with Speed with This Blended Tempo Workout
- The 1-2-3-4-5-4-3-2-1 – A Fantastic Mixed Intensity Workout
- My Favorite Time-Efficient Workout: The 45-15
- Cranking Things Up – The 30-30 Workout
- 30-30-30 – An Effective Half/Full Marathon Long Run Workout