

The Total Running Solution – Workout Manual

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Sharpening & Speed-Endurance Workouts

Fatigued 800's – Learn to Run on Tired Legs

[Read more on Total Running Solution](#)

Warm-Up	20 minutes easy running + drills & strides
Main Workout	Tempo run or mile repeats → 5 min rest → 4–6 × 800m at 5k pace with 2:00 recovery.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Teaches athletes to handle race-pace running after pre-fatigue, simulating the grind of the late season. Best Timing in Cycle: 3–5 weeks out from goal race.

Nail Your Goal 5k with This Sharpening Workout

[Read more on Total Running Solution](#)

Warm-Up	20 minutes easy running + drills & strides
Main Workout	6 × 600m at 3k–5k pace, 90s recovery → 4 × 150m accelerations.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Blends aerobic endurance with turnover to sharpen for 5k racing. Best Timing in Cycle: 1–3 weeks out from 5k race.

4x2k + 3x800 – A Fantastic Workout for Any Distance

[Read more on Total Running Solution](#)

Warm-Up	20 minutes easy running + drills & strides
Main Workout	4 × 2k at threshold with 90s recovery → 3 × 800m at 3k–5k pace with 2:00 rest.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Builds strong aerobic base then shifts to VO ₂ max work. Best Timing in Cycle: Mid-prep phase or 4–6 weeks before race peak.

6x600 + 4x150 Accelerations – 5k Specific

[Read more on Total Running Solution](#)

Warm-Up	20 minutes easy running + drills & strides
Main Workout	6 × 600m at 3k–5k pace, 2:00 rest → 4 × 150m strides.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Directly targets 5k rhythm and finishing strength. Best Timing in Cycle: 2–4 weeks out from racing.

Blended Tempo / Threshold + Speed Workouts

The Tempo Sandwich – Mix Threshold and Speed

[Read more on Total Running Solution](#)

Warm-Up	20 minutes easy running + drills & strides
Main Workout	2–3k tempo → 4–6 × 200m at 1500m pace → 2–3k tempo.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Aerobic strength under neuromuscular stress; “bookended” tempo builds fatigue resistance. Best Timing in Cycle: Transition from base to race prep.

Practice Mid-Race Surging – Combined LT/VO₂ Max

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Warm-Up	20 minutes easy running + drills & strides
Main Workout	Alternating 1k at LT → 600m surge at 3k pace → repeat for 4–5 cycles.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Trains the ability to cover mid-race moves. Best Timing in Cycle: Mid-season racing prep.

Stay in Touch with Speed – Blended Tempo Workout

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Warm-Up	20 minutes easy running + drills & strides
Main Workout	15–20 min tempo → 6 × 200m at 800–1500 pace.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Maintains threshold fitness while preserving neuromuscular sharpness. Best Timing in Cycle: Year-round, especially in maintenance weeks.

A Speed/Tempo Blend to Hit Multiple Systems

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Warm-Up	20 minutes easy running + drills & strides
Main Workout	5 × 3 min at LT with 1:00 rest → 6 × 200m at 1500 pace.

Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Threshold + VO ₂ in one session. Best Timing in Cycle: 4–8 weeks before goal race.

Race-Specific Preparatory Workouts

Mini Pyramid Workout

[Read more on Total Running Solution](#)

Warm-Up	20 minutes easy running + drills & strides
Main Workout	200–400–600–800–600–400–200 at 5k pace, equal jog recovery.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Rhythm control and ability to change gears smoothly. Best Timing in Cycle: Mid-race prep.

4's and 2's – Surges for Unpredictable Racing

[Read more on Total Running Solution](#)

Warm-Up	20 minutes easy running + drills & strides
Main Workout	4 min at LT pace → 2 min at 3k pace → repeat × 4–5.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Prepares for tactical races with pace swings. Best Timing in Cycle: During racing season.

Fast Finishing Workout Add-On

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Warm-Up	20 minutes easy running + drills & strides
Main Workout	Threshold session → 4 × 150m strides.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Teaches finishing speed under fatigue. Best Timing in Cycle: Any time in season to build kick strength.

5k/10k Sharpener – 6×600 + 6×300

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Warm-Up	20 minutes easy running + drills & strides
Main Workout	6 × 600m at 5k pace → 6 × 300m at 3k pace.
Cooldown	20 minutes easy running

Purpose / Benefits & Timing	Bridges 5k rhythm with sharpening turnover. Best Timing in Cycle: 2 weeks before a race.
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8x600 – Excellent 3k Predictor

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Warm-Up	20 minutes easy running + drills & strides
Main Workout	8 x 600m at goal 3k pace, 90s rest.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Predicts race readiness; high aerobic + VO ₂ demand. Best Timing in Cycle: 2–3 weeks out from a 3k race.

Longer & Half Marathon-Oriented Workouts

HM Workout – Threshold Reps + Speedy Ladder

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Warm-Up	20 minutes easy running + drills & strides
Main Workout	3 x 10 min at LT → ladder 400–600–800–1000 at 10k pace.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Combines steady strength with finishing speed. Best Timing in Cycle: 4–6 weeks before half marathon.

Combo Workout – Half Marathon Prep

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Warm-Up	20 minutes easy running + drills & strides
Main Workout	4 x 2k at HM pace → 8 x 200m at 5k pace.
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Sustains HM-specific rhythm with late speed. Best Timing in Cycle: Mid-specific HM phase.

“Climb the Ladder” 600’s

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Warm-Up	20 minutes easy running + drills & strides
Main Workout	6 x 600m, each set slightly faster (from LT to 3k pace).
Cooldown	20 minutes easy running
Purpose / Benefits & Timing	Controlled progression teaches pace discipline and fatigue resistance. Best Timing in Cycle: Mid-prep, great for transition to race-specific work.

