



Workout Library

The Manske Method – Workout Library

Threshold / Tempo Workouts

3x12 at LT1 – Raise Your Aerobic Floor by Controlling the Effort

<https://totalrunningsolution.com/blog/f/3x12-at-lt1-raise-your-aerobic-floor-by-controlling-the-effort>

Keep Things Simple with the 30-Minute Tempo Run

<https://totalrunningsolution.com/blog/f/keep-things-simple-with-the-30-minute-tempo-run>

Marathon Rehearsal: Practicing Marathon Pace

<https://totalrunningsolution.com/blog/f/marathon-rehearsal-practicing-marathon-pace>

Marathon Strength: 10x5 Minutes

<https://totalrunningsolution.com/blog/f/marathon-strength10x5-minutes>

A 1-Hour Progression Tailored to Marathon Training

<https://totalrunningsolution.com/blog/f/a-1-hour-progression-tailored-to-marathon-training>

Maximize Your LT1 Development with This Long Rep Workout

<https://totalrunningsolution.com/blog/f/maximize-your-lt1-development-with-this-long-rep-workout>

Building Strength: The 5x6 Minutes Workout

<https://totalrunningsolution.com/blog/f/building-strength-the-5x6-minutes-workout>

Long Reps for Marathon Strength

<https://totalrunningsolution.com/blog/f/long-reps-for-marathon-strength>

Speed-Endurance Combo Workout

<https://totalrunningsolution.com/blog/f/speed-endurance-combo>

Threshold → Speed Combo

<https://totalrunningsolution.com/blog/f/threshold-to-speed-combo>

Threshold-Speed Combo Sets

<https://totalrunningsolution.com/blog/f/threshold-speed-sets>

VO2 Max / Speed Workouts

15x1 Minute – A Great Workout for VO2 Max Development and Speed

<https://totalrunningsolution.com/blog/f/15x1-minute--a-great-workout-for-vo2-max-development-and-speed>

10–15x2 Minutes – An Intense Workout for Any Distance

<https://totalrunningsolution.com/blog/f/10-15x2-minutes-an-intense-workout-for-any-distance>

Nail Your Next 1500 with This Classic Race Predictor

<https://totalrunningsolution.com/blog/f/nail-your-next-1500-with-this-classic-race-predictor>

10x300 Hill Repeats – Strength and Speed in the Same Session

<https://totalrunningsolution.com/blog/f/10x300-hill-repeats-strength-and-speed-in-the-same-session>

Get Ready for Race Day with the 12x400 Workout

<https://totalrunningsolution.com/blog/f/get-ready-for-race-day-with-the-12x400-workout>

25x400 – A Great Way to Add Speed While Staying Under Threshold

<https://totalrunningsolution.com/blog/f/25x400-a-great-way-to-add-speed-while-staying-under-threshold>

8x600 – An Excellent 3k Race Predictor

<https://totalrunningsolution.com/blog/f/8x600-an-excellent-3k-race-predictor>

A Great Workout for Peaking Effectively: 6x300

<https://totalrunningsolution.com/blog/f/a-great-workout-for-peeking-effectively-6x300>

Advanced 800m Sample Program

<https://totalrunningsolution.com/blog/f/advanced-800-meter-sample-program>

“250–350” Workout

<https://totalrunningsolution.com/blog/f/250-350>

Blended / Mixed-Intensity Workouts

A 5k Specific Workout to Sharpen Up for Your Goal Race

<https://totalrunningsolution.com/blog/f/a-5k-specific-workout-to-sharpen-up-for-your-goal-race>

Mini Pyramid Workout

<https://totalrunningsolution.com/blog/f/mini-pyramid-workout>

4's and 2's – Prepare for Unpredictable Surges in Your Next Race

<https://totalrunningsolution.com/blog/f/4%E2%80%99s-and-2%E2%80%99s-prepare-for-unpredictable-surges-in-your-next-race>

Practice Shifting Gears with This Fast-Finishing Workout Add-On

<https://totalrunningsolution.com/blog/f/practice-shifting-gears-with-this-fast-finishing-workout-add-on>

HM Workout: Threshold Reps and Speedy Ladder to Finish

<https://totalrunningsolution.com/blog/f/hm-workout-threshold-reps-and-speedy-ladder-to-finish>

“Climb the Ladder” – 600 Reps that Keep Progressing in Pace

<https://totalrunningsolution.com/blog/f/%E2%80%99Climb-the-ladder%E2%80%9D-600-reps-that-keep-progressing-in-pace>

A 10k Confidence Builder Workout (with Optional Speed Work)

<https://totalrunningsolution.com/blog/f/a-10k-confidence-builder-workout-with-optional-speed-work>