

Threshold run, the concept of threshold running is pretty simple. ... It's a pace that is faster/harder than your normal easy run, but is slower than your 5K or 10K race pace. While the pace is challenging, it's not so hard that you can't run that pace for 20 or 30 minutes if you're fit, a good threshold target is half marathon race pace.

Reverse Indian Running, with Strides. An indian run is when a team of runners jogs in a single file line. It begins when the first person in line sprints to the back. When that person gets there, the next person at the front of the line sprints to the back of the line. This continues for the duration of the session. The faster runners can overshoot the line, but will have more distance to cover, we will incorporate strides in this workout they help increase your range of motion, work on your turnover, and subtly improve your form. By shaking out some of the tightness you might feel after miles of running at the same pace, strides can help you feel better for your next run. Before a workout or race. Here, strides prepare your body to run fast, hopefully this will help towards your CRC1/2 PB.

Tempo run is a sustained effort run that builds up your body's ability to run faster for longer periods of time, no matter if you're training for a 5k or a half marathon. Typically you would find a pace that you can maintain for at least 20 minutes, but ideally for a 45-60 minute period of time. The easiest way to determine proper tempo pace is to add 24 to 30 seconds per mile to your 5k PR. The result should be about the pace you would be able to sustain for a full hour of running without needing a break. Typically, tempo runs are about 20-30 minutes in length and should NOT feel like a race at any point.

CRC 5K time trial Essentially, time trials are simply a chance to measure your current level of performance against the clock... Once you've finished, check your watch – your time is your benchmark. We will then have a 8 week 5K improvement plan, in which we will repeat the time trial, hopefully improving on the previous time.

Fartlek is Swedish for "speed play," and that is exactly what this type of run is all about. Unlike tempo and interval work, fartlek is unstructured and alternates between moderate to hard efforts with easy efforts throughout.

Pyramid speed interval workout since it requires you to pay so much attention to your interval times. The concept is that you're going up and down a "pyramid" by starting your hard interval at a one-minute segment, going up to a four-minute segment, and then working your way back down to one minute. This type of workout is sometimes called a ladder workout, because it takes you up and down.

Speedwork Speed workouts are a helpful way to mix up your training and improve your race time.