**Speed isn't just for sprinters**

Wouldn't we all love to run like Usain Bolt: World Record 100m 9.58s?!

Running faster, whether marathon, 5km or Bolt’s distance, is all about training a little smarter....

Faster pace intervals & hills are needed to overload the body, causing it to adapt and increase tolerance to these speeds & inclines before fatigue symptoms kick in. With adaptation over time it feels easier, meaning you can run harder & faster and/or for longer - say hello to those personal bests (PBs)!!

How to do this in training...

1. **Intervals -** Some would say the most effective way to build speed.

Structured distance or time intervals of faster paced running followed by slow jog recoveries (fast pace = 80-100% effort depending on distance; faster than race pace)

(e.g. 5 x 3 mins with 90 second recovery; 4 x 1km with 3 mins recovery.)

2. **Fartlek**

Swedish for '*speed play',* a spontaneous version of interval training.

Choose a landmark (tree, lampost), to run hard to, then slow down & recover until your next chosen point. Continue alternating fast & slow for as long as you wish!

3. **Tempo Run**

After an easy warm-up, 15-20 minute continuous hard running: faster than your normal pace but slower than intervals. Builds speed endurance =  prolonging how long you can maintain that hard pace

**4. Hills**

After a good 10-15min warm-up, run uphill with an easy jog/walk recovery back down, repeat these efforts at least 3 times. Gradually increase length/repetitions/gradient as you get stronger

Downhill: If you struggle to run fast on flat, try downhill running. The key is to have no fear & let yourself go!

5. **Group Competitiveness**

Speed intervals with others adds competitiveness & motivation to keep running hard especially when you tire. Try some of these tips at the running school run group:

<https://www.facebook.com/groups/runschoolrunclub/>

6. **Run efficiently: don't waste energy!**

Come along for a FREE biomechanical running technique analysis with The Running School & find out how you can run more efficiently.

7. **Rest**

Believe it or not, rest days will help you get faster. In fact, most training adaptations occur on rest days so make sure you have one day off a week

QUICK TIPS:

Warm up thoroughly 10-15 minutes prior to speed and hill sessions.

Try 1 x interval/fartlek session each week, 1 x hill session, 1 x REST day.

As you become more familiar with pacing add 1 x tempo run.