

VO2 Max Workouts

5k

- 12 x 400 meters at 1 mile to 3k race pace with 1:30-2:00 minutes rest
- 12 x 300 meters at 5k pace with 30-40 seconds rest
- 5 x 3 minutes hill repeats with jog down recovery

10k / Half Marathon

- 16 x 400 meters at 5k to 10k pace with every 4th 400 at 1 mile to 3k pace with 60 seconds between reps
- 4 miles continuous tempo alternating 400 meters at 3k to 5k pace and 1200 meters at marathon pace
- 4 x 2 minutes hills with jog recovery, 1 mile on a flat surface at 10k pace, 4 x 2 minute hills with jog recovery

Marathon

- 2 sets of 10 x 400 meters at 5k pace with 200 meters jog recovery and 400 meters jog between each set
- 20 x 200 meters at 1 mile to 3k pace with 200 meters jog recovery
- 6 x 3 minutes at 3k to 5k pace with 3 minutes walk or jog between

Max Workouts For Women

DJ Losen



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