

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

CO Houle



Max Workouts For Women:

Unveiling the Magic of Words: A Overview of "**Max Workouts For Women**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Max Workouts For Women**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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