



MASTERLIST OF RUNNING SESSIONS

This compilation of different types of running sessions, including everything from the shortest of short intervals to the longest of long runs (with speed element), is something that has been in the works for many years, actually. We've added and removed sessions to a Google doc for a long time, not knowing one day we'd share it as part of our course material, but it is with lots of joy and excitement that we do! We wish for this list to ease your training planning as a whole and also make it simple to keep your routine varied and fun - which are all keys to successful running, at the end of the day. As you'll see, the sessions are divided into the categories we will discuss as part of module 2, making it a breeze to drag and drop and fill in the blanks in your plan as you go along, knowing exactly what categories will help you achieve your goal(s) - your current one and all the ones to come.

Before we make way for the list, a few notes:

- ◆ On recovery between intervals: generally, we prefer active recovery - as in easy jogging - over standing rest. If that doesn't work for you, or you need the extra rest between intervals, walking is still preferred over standing still. (But you do you.)
- ◆ On units for recovery: you'll see some workouts with distance based recovery, and others with time based. Don't overthink things here - if you always prefer to measure your recovery in time over distance or vice versa, it doesn't matter, as long as it's approximately around the same time.
- ◆ On warming up and cooling down: unless otherwise noted, assume 2 km or 10-15 min warm-up and cool-down for all sessions.
- ◆ On being a beginner: are you just starting out doing intervals? Begin with those labeled (S).

And just before we let you go: these are obviously not all the running sessions there are. You can mix and match, replace figures left and right and come up with your own sessions however much you want. This is just thought of as a handy reference, not a strict set of rules. Good luck, and have fun!



“If it doesn't challenge you, it won't change you”

- Fred DeVito



Long Runs w/ Speed Element

The total distance of your long run for each person and where they are at in their training will vary, but assume at least 20 km as the minimum distance for these workouts.

Long Run w/ 5 km Tempo (S)

Easy pace with 5 km tempo pace in the middle.

Long Run w/ 10 km Tempo

Easy pace with 10 km tempo pace in the middle.

Long Run w/ Progression

Up your pace every 5 km as you go. For example, for a 22 km long run, start at 6:00 min/km the first 5 km, then from 5-10 km you shoot for 5:30 min/km, 10-15 km at 5:00 min/km and 15-20 km at 4:30 min/km (followed by the usual 2 km cool-down). Up your pace accordingly to how long your session is and how fast your easy pace is. This could be anywhere from 30 sec per progression to as little as 10 sec. You essentially want to start off at your easy pace, and end at your tempo pace.

Long Run "Every Other"

Run the first 25% at an easy pace, then the middle 50% as every other tempo pace and easy pace, and then finish the last 25% at an easy pace. For example, for a 30 km long run, start the first 7.5 km easy, then go 15 km every other (meaning first km tempo, second easy, third tempo, fourth easy, and so on) and then finish with 7.5 km easy. You can up the every other section of this run to a maximum of 12 km at tempo pace, as long as you are getting in 2 km of warm-up and cool-down.

Long Run "Every Other" Variation

Same as the previous, except here, instead of going at an easy pace for the every other slower km, go at a pace somewhere in between your easy pace and tempo pace (in other words, faster than your easy pace). For example, if your tempo pace is 4:30 min/km and your easy 5:30 min/km, go 5:00 min/km during the easier kms.



Long Run w/ 3 km Tempo Intervals

2 km warm-up, 3 x 3 km tempo pace, with 2 min easy running recovery between repetitions, followed by 10-15 km easy running, and then a last repetition of 3 km at tempo pace, followed by 2 km cool-down.

Long Run 5 km Finish Hard

Finish the last 5 km as fast as you can so you can sustain that pace till the end. Make sure to cool down after.

Long Run 10 km Finish Hard

Finish the last 10 km as fast as you can so you can sustain that pace till the end. Make sure to cool down after.

Long Run w/ Hill Focus

Go at an easy pace but repeat going up and down every bigger hill along the run.

Long Run w/ Downhill Focus

Go at an easy pace but run all the downhills hard.

Tempo Runs

All of the following tempo runs are to be done with a 2 km (or 10-15 min) warm-up and cool-down, as previously noted. However, feel free to add more easy running before and after if you want to up your volume.

Tempo 5 km (S)

Run 5 km at tempo pace

Tempo 10 km

Run 10 km at tempo pace



Tempo 30 min

Run 30 min at tempo pace

Tempo 1 hr

Run 1 hr at tempo pace

Tempo 5 km Every Other (S)

After your warm-up, run every other km at your tempo pace, while keeping the other kms easy. Do this so that you end up with 5 km at your tempo pace.

Tempo 10 km Every Other

After your warm-up, run every other km at your tempo pace, while keeping the other kms easy. Do this so that you end up with 10 km at your tempo pace.

2 x 15 min

Run 15 min at tempo pace followed by 5 min easy and then 15 min at tempo pace again

2 x 30 min at tempo pace

Run 30 min at tempo pace followed by 5 min easy and then 30 min at tempo pace again

Short Intervals

Pyramid Intervals

200 m - 400 m - 600 m - 800 m - 1000 m - 800 m - 600 m - 400 m - 200 m

w/ 200 m easy jogging between intervals

Short Pyramid Intervals

100 m - 200 m - 300 m - 400 m - 500 m - 400 m - 300 m - 200 m - 100 m

w/ 200 m easy jogging between intervals



Backside of the Pyramid

1000 m - 800 m - 600 m - 400 m - 200 m

w/ 200 m easy jogging between intervals

Repeat 1-3x (your choice)

Backside of the Short Pyramid (S)

500 m - 400 m - 300 m - 200 m - 100 m

w/ 200 m easy jogging between intervals

Repeat 1-4x (your choice)

Duration Based Pyramid Intervals

1 min - 2 min - 3 min - 4 min - 5 min - 4 min - 3 min - 2 min - 1 min

w/ 1 min easy jogging between intervals 1-2-3 min and 2 min between intervals 4 and 5 min

Kilometer Intervals (5x) (S)

5x 1000 m with 300 m easy jogging between intervals

Kilometer Intervals (10x)

10x 1000 m with 300 m easy jogging between intervals

10x 600 m + 10x 400 m

10x 600 m, 1 min walking/standing rest

5 min easy jogging rest between sets

10x 400 m (think faster pace than the 600's), 1 min walking/standing rest

10x 800/400

10x 800 m (a little less than full blast, note the slightly faster recovery here) with 400 m easy pace (a little quicker than jogging) between



60/60 (S)

60 sec hard effort followed by 60 sec easy effort

Repeat 5-10x (start at 5x and work your way up to 10x)

12x 400 m

12x 400 m w/ 200 m easy jogging between intervals

20x 400 m

20x 400 m w/ 200 m easy jogging between intervals

4x 1600 m

4x 1600 m w/ 400 m easy jogging between intervals

3 min Intervals

3 min w/ 3 min easy effort between (note: faster than jogging)

Repeat 5-10x (start at 5x and work your way up to 10x)

Ebba Andersson's Super Intervals

70 sec w/ 20 sec easy jogging between intervals

Repeat 10x

Immediately followed by:

15 sec sprint followed by 15 sec standing/walk rest

Repeat 20x

Long Intervals

Long Pyramid Intervals

1 km - 2 km - 3 km - 2 km - 1 km w/ 2 min easy jogging after 1 and 2 km intervals and 3 min after 3 km



Backside of the Long Pyramid

3 km - 2 km - 1 km w/ 3 min easy jogging after 3 km interval and 2 min after 2 and 1 km.

Repeat 1-2x (your choice)

Johan Olsson's Lidingöloppet Intervals

5x 8 min hard effort followed by 2 min slightly easier (approx. 30 sec per km slower). (Here, it'll be key to find a slightly slower pace than you'd normally do for 5x 8 min, as the "recovery" stretches will be rather demanding as well).

Frida Karlsson's Double 5 km

2x 5 km w/ 10 min easy pace between

Try to beat your time on the second 5 km leg

5x 2 km Intervals

5x 2 km w/ 500 m easy jogging between intervals

3x 3 km intervals

3x 3 km w/ 500 m easy jogging between intervals

5x 5 min (S)

5x 5 min with 90 sec easy jogging between intervals

Even though the duration of these intervals would mean they should be classified as short intervals, do these at your tempo pace.

3x 10 min (S)

3x 10 min with 90 sec easy jogging between intervals



Hill Workouts

For all hill workouts, unless otherwise noted, you want to push moderately hard on the uphill, but you don't want to do them as an all out sprint. Key is to make sure you can keep the same level of effort from the first to the last interval. Hill workouts should be done on slopes that aren't too steep so you can't run them, but enough of an incline that you really feel the burn at the top.

5x 1 min Hill Repeats (S)

5x 1 min uphill, easy jogging back down

Gradually add extra reps until you can complete 10.

10x 1 min Hill Repeats

10x 1 min uphill, easy jogging back down

5x 2 min Hill Repeats

5x 2 min uphill, easy jogging back down

5x 3 min Hill Repeats

5x 3 min uphill, easy jogging back down

5x 3 min + 5x 2 min + 5x 1 min Hill Repeats

5x 3 min uphill, easy jogging back down

Followed by 5x 2 min, easy jogging back down

Followed by 5x 1 min, easy jogging back down

3x 10 min

3x 10 min with 3 min standing rest

This hill workout only works if you have a long enough hill to run up the duration of the workout without having to go back down.



5x 90 + 5x 45

5x 90 sec uphill, easy jogging back down

Immediately followed by:

5 x 45 sec uphill, easy jogging down

Ingebritsen hill workout

10x 200 m, easy jogging down

3 min flat (super) easy jogging

Repeat 2x

Power hike up, bomb down

4-5 min power hike uphill, run hard down

Repeat 10x

Good for power hiking technique and downhill legs

Race Pace Specific Workouts

Focus on these in the final two months leading up to your race. We've broken these down by goal distance, but if you're leaning more towards a beginner, and if it's the first time doing the distance, start with race pace intervals for one distance down first, then work your way up to the longer race pace intervals for your distance as you become more comfortable. For example, if you are running a marathon for the first time, perhaps start with a few weeks of half marathon intervals first. Also, always work your way up from shorter duration up to longer duration, meaning start with more sets of shorter distance, and work towards fewer sets of longer distance.

Marathon Specific Race Pace Workouts

3x 5 km (S)

3x 5 km at marathon pace w/ 5 min easy jogging between



5x 5 km

5x 5 km at marathon pace w/ 5 min easy jogging between

3x 7 km

3x 7 km at marathon pace w/ 6 min easy jogging between

2x 10 km

2x 10 km at marathon pace w/ 10 min easy jogging between

30 km w/ 20 km at marathon pace in the middle

5 km easy pace, 20 km at marathon pace and 5 km easy pace cool-down

20-30 km w/ 10 km fast finish

Finish with 10 km at marathon pace

Uhrbom Marathon Intervals

8 km - 6 km - 4 km - 2 km at marathon pace, w/ 3 min easy jogging between intervals

Half Marathon Specific Race Pace Intervals

3x 3 km (S)

3x 3 km at half marathon pace w/ 1 km easy jogging between intervals

2x 5 km

2x 5 km at half marathon pace w/ 1 km easy jogging between intervals

2x 8 km

2x 8 km at half marathon pace w/ 2 km easy jogging between intervals



3x 5 km

3x 5 km at half marathon pace w/ 1 km easy jogging between intervals

15-20 km with 5 km fast finish

Finish with 5 km at half marathon pace

10k Specific Race Pace Intervals

10x 500 m (S)

10x 500 m at 10k pace w/ 2 min easy jogging between intervals

Begin at slightly slower than your 10K race pace; gradually speed up so that your last repeat is slightly faster than your 10K race pace.

4x 1600 m

4x 1600 m at 10k pace w/ 2 min easy jogging between intervals

3x 2 km

3x 2 km at 10k pace w/ 2 min easy jogging between intervals

5x 2 km

5x 2 km at 10k pace w/ 2 min easy jogging between intervals

3x 3 km

3x 3 km at 10k pace w/ 3 min easy jogging between intervals

2x 20 min

2x 20 min at 10k pace w/ 4 min easy jogging between intervals



5k Specific Race Pace Intervals

12x 300 m (S)

12x 300 m at 5k pace w/ 100 m easy jogging between intervals

6x 800 m

6x 800 m at 5k pace w/ 400 m easy jogging between intervals

5x 1000 m

5x 1000 m at 5k pace w/ 500 m easy jogging between intervals

3x 1600 m

3x 1600 m at 5k pace w/ 400 m easy jogging between intervals