

Reading a Training Plan

@runtothefinish

Interval Speed Workout

6 x 3 minutes at 10K effort, 2 min recovery

Should you walk, jog, or stop during the recovery? This is going to vary by the intensity of the speed portion and the goal of the workout. The goal is to drop your HR and recover enough to hit the same effort again.

Sprint efforts: Usually you will just walk around for a bit between all out efforts. This includes hill sprints.

Most other workouts will note going easy and for distance runners that usually means **reducing to a jog** OR if you follow run/walk intervals already then walking for the recovery.

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