

Progression of Strides

- A. 4 x 20 seconds at 5k effort.
- B. 5 x 20 seconds at 5k effort.
- C. 5 x 20 seconds starting at 5k, 5k, 5k, 3200, 3200
- D. 5 x 20 seconds starting at 5k, 5k, 3200, 3200, 1600
- E. 6 x 20 seconds at 3200, 3200, 3200, 1600, 1600, 1600
- F. 6 x 20 seconds — 3200, 3200, 1600, 1600, 800, 800
- G. 3 x 25s at 5k, 3200, 1600, then 3 x 20s at slow 800 effort.
- H. 3 x 25s at 1600 effort, then 3 x 20s at a solid 800 effort.