

TYPES OF RUNS EXPLAINED

RUN SMART. TRAIN BETTER. IMPROVE
FASTER.

BY

RUN
Mich,
RUN!

**MIXING THESE RUN TYPES INTO YOUR WEEKLY ROUTINE
IS THE KEY TO BECOMING A STRONGER, FASTER, AND
MORE EFFICIENT RUNNER.**

EASY RUNS & RECOVERY RUNS:

EASY RUN

What it is:

A comfortable, relaxed run where you can hold a conversation.

Purpose:

- Builds aerobic fitness
- Improves endurance
- Helps your body adapt without stress

How it should feel:

“I could do this all day.”

RECOVERY RUN

What it is:

A very slow run done after a hard workout.

Purpose:

- Promotes blood flow
- Reduces muscle soreness
- Speeds up recovery

How it should feel:

“This feels almost too easy.”



TEMPO RUNS & INTERVAL TRAINING:

TEMPO RUN (THRESHOLD RUN)

What it is:

A steady, challenging pace you can maintain for 20–40 minutes.

Purpose:

- Improves speed endurance
- Raises your lactate threshold
- Makes race pace feel easier

How it should feel:

“Comfortably hard.”

INTERVALS

What it is:

Short bursts of fast running followed by rest or slow jogging.

Purpose:

- Builds speed
- Improves VO_2 max
- Trains your body to recover quickly

Example:

1 min fast / 1 min slow × 8



LONG RUNS & PROGRESSION RUNS:

LONG RUN

What it is:

Your longest run of the week at a slow, steady pace.

Purpose:

- Builds endurance
- Strengthens mental toughness
- Prepares you for race distance

How it should feel:

“Slow and steady wins.”

PROGRESSION RUN

What it is:

A run where you gradually increase your pace.

Purpose:

- Teaches pacing
- Builds finishing strength
- Simulates race conditions

How it should feel:

“Start easy, finish strong.”

