Treadmill Workout

Goal: Increased cadence/efficiency

Warm up

5 min easy walk/jog
5 min progressive jog/run from base to tempo pacing.

Main Set

8 sets of
1 min at VO2 pace (95% effort) focused on foot speed.
2 min recovery at base pace (50-60%) focus on keeping cadence up with a reduced pace

Cool Down

5 min easy cool down walk: Aim to get heart rate below 100 beats/minute
5 min relaxed static stretch (hamstrings, glutes, quadriceps, abs)

Total Workout Time: 44 minutes