

>Treadmill Workouts

FRED DOYLE

>Heartbreak Hell

- 5-10 minute warm-up
- Start @ 3% grade for 30 sec - back to easy running for 2:00
- Repeat while increasing grade .5% each time
- When grade becomes too difficult to complete move back to previous grade and finish
- Cool Down easy 5-10 minutes

>Woolworth's - 5 & 10

- Warm up 5:00 easy
- 10:00 run @ 10K pace
- 5:00 easy
- 10:00 run @ 10K pace
- Warm down 5:00 easy

>Core +

- 10:00 run
- 4 core exercises - Lunges, Push-ups, Plank Leg Lifts, Arm Curls/
Running Arm Swings
- 10:00 run
- 4 core exercises - Sit-ups/Crunches, Mountain Climbers, Plank,
Pull-ups
- 10:00 run
- 4 core exercises - Burpees, Tricep Extensions, One-Legged Hops
(both legs), Jumping Jacks
- 10:00 run
- 4 core exercises - Knee Tucks, Bicycle Crunches, Jump Rope,
Arm Curls
- Warm down 5:00 easy

>Treadmill Workouts - continued

FRED DOYLE

>Sprint City - 30 Minute Workout

- Easy 3 - 5:00 warm-up
- Hard 30 seconds - easy 2:00
- Continue with hard 30 seconds and easy 2:00 for 20 minutes
- Warm down easy 3 - 5:00

>TV Fartlek - 60 Minutes

- Easy warm-up 5-10 minutes
- While watching TV alternate pace
- During show run at controlled steady state
- During commercials pick up between .5 - 1 MPH (6 MPH = go to 6.5 or 7 MPH)
- Repeat for entire show
- Warm down easy 3 - 5:00

>Sweet 15

- Easy 5:00 warm-up
- 5:00 steady hard effort - about 1 - 1.2 MPH faster
- 3:00 easy
- 4:00 steady hard effort - about 1 - 1.2 MPH faster
- 3:00 easy
- 3:00 steady hard effort - about 1 - 1.4 MPH faster
- 3:00 easy
- 2:00 steady hard effort - about 1.2 - 1.5 MPH faster
- 2:00 easy
- 2:00 steady hard effort - about 1.5 - 2.0 MPH faster
- Warm down 5:00 easy

>Treadmill Workouts - continued

FRED DOYLE

>Pyramid Triple Crown

- Easy 3 - 5:00 warm-up

Set 1

- 3 x 1:00 @ 1.5 - 2 MPH faster than warm-up
- 1:00 easy between each
- 5:00 recovery run

Set 2

- 3 x 2:00 @ 1.5 - 2 MPH faster than warm-up
- 2:00 easy between each
- 5:00 recovery run

Set 3

- 3 x 1:00 @ 1.5 - 2 MPH faster than warm-up
- 1:00 easy between each
- 5:00 warm down