

# Fit Bit Friday 193

## The Run to a Faster Beat Workout

\*\*\*Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.\*\*\*

**Description:** While most of my outdoor runs are music-free, tunes are a super easy way to get me motivated and working harder than I otherwise would. Whether you're doing this one indoors or out, the instructions for each song are really simple. For most, you'll default to whatever speed feels like it's around 6 out of 10 on a RPE (rate of perceived exertion) scale.

There are 4 blocks where you'll hit some harder intervals and since they're short (less than 1 minute each), make sure you give them the effort they deserve. When do you hit those intervals? Don't worry - you don't need to know the songs or watch a clock. I've chosen songs with distinct choruses that will make it very obvious when to pick up the pace. ALL of the hard work efforts happen during a chorus.

|                         | What to Do  | Time<br>(Total: 1:02) |
|-------------------------|---|-----------------------|
|                         | <b>Sugar (Remix)</b> - Easy warm-up. Aim to be around RPE 4-5 for this.   | 3:55                  |
|                         | <b>Hold My Hand</b> - Start at RPE 5 and lift pace as the energy of the song builds, feeling your effort move to a 6ish by the end of the song. It should still be feeling good and not too fast. | 3:47                  |
|                         | <b>Pompeii</b> - Steady state, RPE 6.   | 3:37                  |
| Interval Block 1        | <b>Never Let You Go</b> - 2 harder efforts - 15s and 30s at RPE 8. Run at RPE 6 for the rest.   | 3:02                  |
|                         | <b>Another You</b> - 2 harder efforts - 30s each at RPE 8. Run at RPE 6 for the rest.   | 3:12                  |
|                         | <b>We Go Down</b> - Steady state - RPE 6.   | 3:05                  |
| Interval Block 2        | <b>Don't Look Down</b> - Build pace up to the two choruses, then run at RPE 8 for 30s. Run at RPE 6 for the rest.   | 3:43                  |
|                         | <b>Surrender</b> - 2 harder efforts - 15s and 45s - at RPE 8.5. Run at RPE 6 for the rest.  | 3:28                  |
|                         | <b>Want To Want Me</b> - Steady state - RPE 6.  | 3:28                  |
|                         | <b>Last All Night</b> - Steady state, RPE 6.  | 3:16                  |
|                         | <b>Promises</b> - Steady state, RPE 7.  | 6:39                  |
|                         | <b>Shut Up and Dance</b> - Steady state, RPE 7.   | 3:19                  |
| Interval Block 3        | <b>Follow Me</b> - 3x30s sprints - These are the hardest of them all so aim to hit 8.5-9 RPE, but scale the recovery way back to a slow jog in between.   | 3:20                  |
|                         | <b>Love Like Mine</b> - Steady state - RPE 6.   | 4:11                  |
|                         | <b>Here It Is</b> - Steady state - RPE 6.   | 3:13                  |
| Interval Block 4        | <b>Glory Days</b> - 3 x 30s final hard efforts at RPE 8.5 or whatever energy you have left to give!   | 4:02                  |
|                         | <b>Poppiholla</b> - Easy all the way home. Get yourself back down to RPE 3, breathing normally.   | 3:41                  |
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Need an RPE scale? I've got you covered! Use the descriptions below to determine how you should feel when working at each of the intensities from 1 to 10.

| RPE | Description   |
|-----|---|
| 1   | As much effort as it takes you to scroll through some songs on your iPod (aka almost none)                                  |
| 2   | Very light - How you feel when you're walking at an easy pace   |
| 3   | Light - A brisk walk or easy jog  |
| 4   | Moderate - You're warm, heart rate is climbing, you can still talk while you run.   |
| 5   | You're getting a bit sweaty, any conversation is broken up with breathing, but you could sustain the pace for over an hour. |
| 6   | It's getting tough to talk, you can feel your heart beating, you're definitely sweating and you're breathing harder.        |
| 7   | A comfortably uncomfortable pace.   |
| 8   | Medium-Hard - Talking would be tough. You're putting in a solid effort to run faster than your body naturally 'wants' to.   |
| 9   | Hard - You're uncomfortable, definitely not talking, and can only sustain the pace for a couple of minutes max.             |
| 10  | All-out effort: You can sustain it for 1 minute maximum. If you were being chased by a bear, this is how fast you'd run.    |