

# the pace pusher interval workout

This workout can be done on the treadmill, or outside if you have the ability to monitor your distance and pace. The main work is done over the course of 5 miles. You'll go through a series of intervals, each one getting shorter but more intense. Choose your speeds according to the RPE (rate of perceived exertion, out of 10) column.

## 0 - mile 1

Warm up - easy pace

RPE  
4-6

## Mile 1-3

2x: Alternate running 0.5 miles comfortably  
uncomfortable, 0.5 miles moderate

8 to 7

## Mile 3-5

4x: Alternate running 0.25 miles hard, 0.25  
miles moderate

9 to 7

## Mile 5-6

5x: Alternate 0.1 mile sprints with 0.1 mile  
moderate

9.5  
to 7

## Mile 6-7

Cool down at an easy pace, bring HR down.

7 to 4

*Total: 7 miles*