

the 5 miles of smiles

run workout

Start with an easy dynamic warm-up for 5 mins, then begin the 5 miles. For each, start with 1/2 mile at a moderate pace. Every time you hit that 1/2 mile mark (ie 0.5mi, 1.5mi, 2.5mi, 3.5mi etc), sprint for 45s, run uphill for 45s, then sprint and run uphill for 45s. Run the remainder of your mile at easy pace, then re-start that cycle.

The work interval is 2 minutes and 15 seconds, done every mile. If you want an extra challenge, aim to cover more distance in that 2:15 with each consecutive mile. To make it more fun, smile the whole time!

easy dynamic warm-up - 5 mins

5 x 1 mile of:

0.5 miles moderate pace - RPE 6-7

45s sprint - RPE 8.5-9

45s run uphill - RPE 8.5-9

45s sprint uphill - RPE 9.5

run easy for remainder of the mile

cool down with an easy jog or walk for 5 mins