

RUN TO THE FINISH

# LOW HEART RATE

TRAINING PLANS

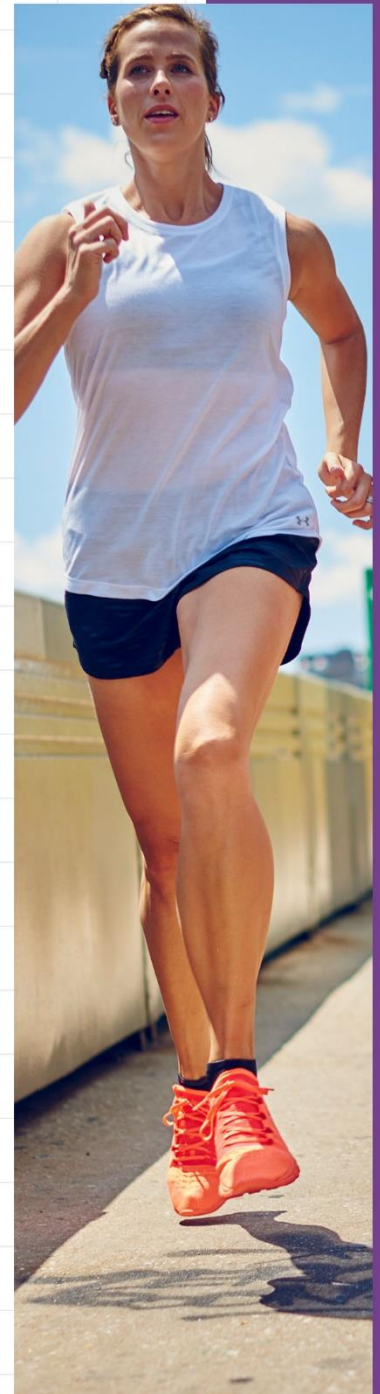


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BROOKS



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# LOW HEART RATE

## TRAINING PLANS

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# PRODUCE DISCLOSURE

The content in this book is written by Amanda Brooks of RunToTheFinish. The information is designed to help individuals within the specified market progress towards their health and fitness goals.

It is not specifically tailored to any individual needs. If you are an individual with any health or physical issues that could be aggravated by low, moderate or high intensity physical activity, please consult with a physician.

The materials and content contained in the “Low Heart Training Plans” are for general health improvement and are not intended to replace professional medical advice, diagnosis or treatment. Although in depth information, tutorials and specific moves are provided, users of this guide should not rely exclusively on the information provided here as it is considered “guidelines”, not prescriptive.

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ABOUT

# Amanda Brooks

Amanda, an eight-time marathoner and running coach, is the author of RunToTheFinish (hereafter “RTTF”), a destination for in depth running articles, tips and community derived from her 16 years of running and passion for sharing the sport.

She’s a digital consultant, writer, speaker and social media fiend with 18 years of experience providing strategic online solutions for Fortune 500 companies nationwide and almost 12 years blogging.

Amanda combined her love of writing, strategy and running to develop a site that is recognized as a top running blog. It’s a destination for tips, motivation and tools for getting the most out of the runner lifestyle, while having a blast.



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# INTRODUCTION

A few things to know before you start training.

1. You will get frustrated
2. It may mean less group runs
3. Commit 100% for the duration of the plan to see results

Since there is no set training plan for the Maffetone method, this is what I have found to work through my own years of training, as well as coaching, and can serve as a guideline to help you move forward with less frustration.

## IMPORTANT NOTES AND FAQs

### Coaching Notes:

This is not a personalized training plan and does not take in to account your training history. Please consult a doctor or consider a personalized coaching session if you have any known health issues prior to beginning.

If you want more help with LHR Training, checkout our Virtual Run Club where hundreds of runners are doing it and Coach Amanda answers all your questions.

[Virtual Run Club](#)

## How long do you need to follow LHR?

In theory, it's a lifelong practice and once you start it's simply the way that you train. For someone like me, who sees massive hormonal shifts when I do super high intensity workouts, I think this makes total sense.

For other runners, this may simply be a great base building plan that puts you on the right path for your next marathon filled with more speed and tempo workouts.

The minimum effective dose seems to be 12 weeks, regardless of your current level of running experience.

### 16 weeks is more appropriate if:

- Your adrenals are shot
- You're brand new or coming back after extended time of
- You've fall out of love with the gut busting speed workouts

### At 12-16 weeks you NEED to race.

That day you will ignore your heart rate completely and simply let your body fly. A speed workout is not the same thing as lining up for a race, rarely do we hit the same paces or use it as the same milestone for progress.

#### Using this race you'll pay attention to a few key factors:

- How did you feel coming in to the race? More or less tired than normal?
- How did you feel during the race?
- Did you recover more quickly after the race?
- A few weeks post-race, how is your HR and pace when going out to run?

If you're used to fartleks and tempo runs, this training plan is going to seem exceedingly boring. Download some incredible podcasts and get used to taking your time out there, enjoying the miles and simply the act of being outside.

That last piece alone is in fact a big element of training. Reducing total stress is a key to success because we're helping your body to adapt without overdoing it.

### What about diet?

I get asked a lot if you need to be keto for this plan to work, since he talks about being fat adapted. The unequivocal answer is no.

Can you do this on a keto diet? Of course, you can do any plan that way and you might find this one a bit easier than others because your body wants to use fat more readily than carbohydrates.

However, any extreme diets are often setting us up for body stress and become hard to follow. Instead, I think it's important to focus on the real keys for all athletes:

- Reducing added sugars (you don't really need those gels)
- Increasing vegetables
- Including healthy fats
- Including plenty of protein for muscle repair
- Including whole food sources of carbohydrates
- Testing your body to see what works for you

Again the last point is one not to overlook!

Greek yogurt is high in protein and low in sugar, so I was making it a daily snack because everyone said it was amazing. My body however was extremely pissed off at that consistent dose of dairy and told me about it through all kinds of aches and pains.



## Walk As Much as Possible

You're going to see walking as part of this running plan. It's important, don't skip it and think walking isn't valuable, you're wrong. We're increasing your time on feet and your body is adapting in each of those moments.

In every workout you should plan to walk as part of a warm up and part of a cool down. Additionally, the more you can enjoy extra walks during the week the better.

## Which Plan to Follow?

The main reason LHR works is because it prevents us from skipping ahead in training. So don't try for the harder plan, if you need the level 1, you won't get the results you want.

Level 1 plans are designed for new runners ready to build a strong base, those returning from a long layoff or injury, those who find themselves consistently injured.

Level 2 plans are designed for runners who have been consistently training but are not getting the results that they want or are feeling burned out.

# PLAN DETAILS

## Can I switch days around?

I have your rest days on Monday, but maybe you really need it on Friday. No problem, just shift the other days to ensure you are recovering fully from your long runs. If you always meet friends on Monday and want to do your long run Saturday to rest Sunday, go for it.

## Why the Warm Up? And what is it?

Every single run begins with a warm up, it's non-negotiable if you don't want to immediately start walking and getting frustrated.

- Part one of the warm up is dynamic stretching
- Part two of the warm up is walking. I've found walking a half mile is ideal to get things going without me feeling lazy.
- Part three of the warm up is your first mile of running where you want to keep your HR 10 beats below your max.

See a dynamic warm up below:

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## DYNAMIC WARM-UP

### Leg Swings

Forward and back, side to side, do both for roughly 10 swings on each leg. Hold on to a wall or bar for better balance and don't try to push the leg, just let it swing and the range will increase.

### Knee Circles

Rock out with your bad self and circle those ankles, knees and hips. It lubricates all the joints.

### Lunge Matrix

If there is one thing my athletes have learned it's how to do a couple moves from the IT Band lunge matrix before every single run! It's just a great way to hit muscles from different directions and wake up the glutes.

### Figure 8's

Lifting your knee up to 90 degrees, move the knee through a figure 8 motion to open up the range of motion in your hips.

### Bent Over Toe Taps

Standing in a star position, bend at the waist reaching your right arm to your left toe. Return to standing and repeat on the opposite side. Great for warming up the trunk and getting you to start engaging your core.

# DYNAMIC WARM-UP ROUTINE





# CALCULATE YOUR MAX HR

## Calculate Your Max HR

$$180 - \text{age} = \text{Max HR}$$

- Subtract 5 beats if you've been sick or injured in the last 6 months
- Add 5 beats if you have been training consistently and healthy for 12 months
- Over 60, start by adding 5 beats if you've been training healthy
- Over 70, start by adding 10 beats if you've been training health

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# MAF TEST EXPLAINED

You need to find a spot where you can consistently run the same route. It should be relatively flat, you can use a track if it won't make you dizzy.

Do your MAF test after a rest day to ensure you are able to have your best performance and it's not just another run.

## STEP 1: QUALITY WARM UP

Warm up with 15 minutes of walking, dynamic stretches

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## STEP 2: TIMED RUN BELOW MAF

Run/walk 5 miles keeping each one right at or below your calculated MAF. If you are not currently covering 5 miles, make the test 3 miles and consider starting with a 5K or 10K plan instead of the half marathon plans here.

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## STEP 3: RECORD

Record each mile, the HR and your total time.

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## STEP 4: REPEAT IN 4 WEEKS

Each month you'll repeat the test to see if anything has changed.

# CROSS TRAINING OPTIONS?

Even in cross training you MUST keep your HR below your MAF max for the duration of the plan. Sorry folks that's what makes this whole thing work. It's not just about your runs.

Which means the follow types of cross training are both beneficial to the run without pushing you too hard:

- 45-60 minutes biking or swimming
- Yoga (not hot yoga)
- Pilates
- Core training
- Strength training where you are not doing a HIIT session or pushing intensity too high
- Mobility workouts

Note: I said biking, not an intense Orange Theory class or a SoulCycle HIIT. A long steady bike ride, ideally aiming for 90RPM which helps mimic the ideal foot turnover in running.

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# CORE TRAINING WORKOUTS

Here are some sample core training workout that can be used every week.

Core workouts are key to every runner plan for creating better form, strength, power and injury reduction. You'll see in these workouts that core refers to our entire center column for stability (not just abs).

## ABS AND LEGS CORE WORKOUT

DO CORE 2-3 TIMES PER WEEK, 12 -15 REPS ON EACH SIDE X 2

### Lunge to Lift

Feet hip width apart, lunge to the right and reach left hand to toe. Tighten your core and transfer weight to the left foot, raise left arm to the side and right knee in front. (Add a light weight for more strength!)

### Curtsy Lunge

Step left leg behind right with arms overhead side crunch to the right. Stabilize your core and lift left leg up and out to the side then bend to left.

### Lunge with Rotation

Step forward with right leg and rotate left elbow towards right knee. Rotate back to facing forward and step back to standing.

Now repeat on the other side!



# ABS AND LEGS WORKOUT



## STABILITY BALL WORKOUT

BEGINNER: 2 ROUNDS X 10 REPS PER SIDE, ADVANCED: 3 ROUNDS X 20 REPS PER SIDE

### Bird Dog

Grab a stool or chair to place in front of the ball to help with balance. Start on all fours, knees positioned under hips and palms resting on the ball just beneath the shoulders. Your shoulders, back, and butt should remain flat through the exercise.

Raise your opposite arm and leg straight out, keeping your abs braced, stomach in and your whole body in one straight line from head to foot. Hold the position for a few seconds, then smoothly lower your arm and leg back to their original position. Repeat with the other arm and leg.

### Plank Circles

Balance on the stability ball on your forearms in plank pose, keeping your legs extended. Once balanced, move the ball in a circle using your arms. Set yourself up with a stability ball sandwiched between your forearms and the ground, keeping your legs extended as usual. Once you're balanced, slowly move the ball in a circle only using your arms. Keep your legs stable and your back flat as you perform the motion. Switch directions.

### Russian Twist

Lean on top of the stability ball with your upper back on the ball and your knees bent at 90 degrees. Hold your arms out straight in front of your chest, palms touching. Keep your feet on the ground and twist through your core and shoulders, rotating on to to one shoulder, then back straight, and rotate to the opposite side.

### Hamstring Curls

Begin on the floor with your back on the ground and feet on top of the ball. Raise your hips off the ground, flex your knees, and pull the ball in as close as you can. Push the ball back out and return to the starting position. Repeat.

### Dead Bug

Lie flat on your back. Hold the stability ball straight above your chest between your knees and your hands. Then you're going to extend your opposite arm and leg out, keeping the ball balanced and focusing on your breath while doing it. Repeat with the opposite arm and leg.



# STABILITY BALL WORKOUT



**PLANK CIRCLES**



**RUSSIAN TWIST**





**HAMSTRING CURLS**



**DEAD BUG**

# STABILITY BALL WORKOUT

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# WHAT ABOUT RECOVERY DAYS?

I often find that we need less recovery days on the LHR plan physically, but some people want one mentally. There is a day marked on the plan for rest, which you can either take as a complete rest day, or preferably, as an active rest day.

Active rest days are time for a fun hike, a long walk alone or with a friend, an extra mobility workout or foam rolling session.

## Speedwork keeping HR low?

If you're feeling the need to move your legs, try one of these options to give you the feeling of improving leg turn over, while keeping HR down.

Please note I don't recommend these much, if at all, in the level one plans. It's too easy to allow yourself to push beyond your max heart rate.

- Downhill longer runs – You can do this a couple of different ways. Option one is to find a long steady downhill, potentially because you've just walked the massive uphill or using the decline function on the treadmill. You can run up to a couple of miles on the downhill at a faster pace without increasing your HR. This is going to tax your legs in some different ways as well because downhills require good form and strength.
- Downhill sprinting – On shorter downhills you can practice really picking up the pace for a quick burst, again still slowing down if you raise your HR beyond LHR.
- Short Bursts – these are listed in the training plan as 30 seconds, which means you'll be practicing pushing the pace without going to an all-out sprint. If you find that by the 4th rep, you can't run without pushing your HR too high then it's time to stop the intervals.
- Cycling sprints – many people can do a Tabata workout on the bike that doesn't spike their HR, so this is another option if you really need to feel the push.

## When to add speed work that increases HR?

Speed work is added strategically, meaning that you follow your MAF test and when you start to see a plateau (again minimum 12-16 weeks) then you can begin to play.

1. Uphill sprints of 30 seconds
2. 2 times a week of short sprints or a short tempo run
3. Maximum of 4 weeks, then back to LHR

## What to do different on race day?

Still take time to do your dynamic warm up and walk around a bit. A few strides often feel good, but your first mile will really serve as a warm up. The key is not to get swept up in the excitement and go too fast in that first mile.

- Don't check your HR at all during the race
- Run based on how you feel, which means that fine line of I'm pushing, but I'm not exhausted
- Don't freak yourself out if you see your pace is faster than you'd expect, as long as you feel ok
- You will be burning more carbohydrates, so start thinking about fueling every 4 miles with whole foods or gels
- Remember to enjoy it!

Now you have the information, whether you choose to follow it all is up to you. 😊

Remember to get the benefits, you have to truly stick to the low heart rate method for all workouts.

**LOW HEART**

**RATE**

**TRAINING**

**PLANS**

## LEVEL 1 – HALF MARATHON

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest, walk or mobility	30 minute walk	X-training: Biking, swimming	30 minute walk/core	Strength Training or Yoga	15 minute walk/warm up 3 mile MAF Test 15 minute walk cool down	40 minute walk
2	Rest	2 mile run	X-training: Biking, swimming	2 mile run	Strength Training or Yoga	10 minute run 20 minute walk	4 mile run
3	Rest	2 mile run	X-training: Biking, swimming	Steep incline/hilly 30 minute walk	Strength Training or Yoga	10 minute run 20 minute walk	5 mile run
4	Rest	3 mile run	X-training: Biking, swimming	2 mile run	Strength Training or Yoga	20 minute run 10 minute walk	6 mile run
5	Rest	3 mile run	X-training: Biking, swimming	3 mile run	Strength Training or Yoga	30 minute walk	15 minute walk/warm up 3 mile MAF Test 15 minute walk cool down
6	Rest	3 mile run	X-training: Biking, swimming	Steep incline/hilly 45 minute walk	Strength Training or Yoga	20 minute run 10 minute walk	6 mile run
7	Rest	Steep incline/hilly 45 minute walk	X-training: Biking, swimming	1 mile easy 1 mile downhill 1 mile easy	Strength Training or Yoga	30 minute run 10 minute walk	7 mile run
8	Rest	4 mile run	X-training: Biking, swimming	3 mile run	Strength Training or Yoga	30 minute walk 10 minute walk	8 mile run
9	Rest	4 mile run	X-training: Biking, swimming	4 mile run	Strength Training or Yoga	30 minute walk	15 minute walk/warm up 3 mile MAF Test 15 minute walk cool down
10	Rest	5 mile run	X-training: Biking, swimming	1 mile easy 1 mile downhill 1 mile easy	Strength Training or Yoga	20 minute run 10 minute walk	10 mile run
11	Rest	4 mile run	X-training: Biking, swimming	4 mile run	Strength Training or Yoga	20 minute run 10 minute walk	8 mile run
12	Rest	3 mile run	30 minutes easy x-training	1 mile easy 3 x 30 second hard effort, 2 minute recovery 1 mile easy	Rest	Shake out run of 1 mile or a few strides	13.1 Race Day



## LEVEL 2 – HALF MARATHON

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest, walk or mobility	3 mile run	X-training: Biking, swimming	2 mile run	Strength Training or Yoga	15 minute walk/warm up 5 mile MAF Test 15 minute walk cool down	40 minute walk
2	Rest	3 mile run	X-training: Biking, swimming	3 mile run	Strength Training or Yoga	2 mile run	6 mile run
3	Rest	4 mile run	X-training: Biking, swimming	4 mile run	Strength Training or Yoga	2 mile run	7 mile run
4	Rest	3 mile run, 4 x 20 second hill sprint	X-training: Biking, swimming	4 mile run downhill option	Strength Training or Yoga	3 mile run	8 mile run
5	Rest	3 mile run	X-training: Biking, swimming	6 mile run	Strength Training or Yoga	30 minute walk	15 minute walk/warm up 5 mile MAF Test 15 minute walk cool down
6	Rest	3 mile run	X-training: Biking, swimming	4 mile run, 3-5 strides	Strength Training or Yoga	3 mile run	10 mile run
7	Rest	4 mile run	X-training: Biking, swimming	1 mile easy 6 x 30 second medium-hard effort (not a sprint), 2 minute recovery 1 mile easy	Strength Training or Yoga	2 mile run	12 mile run
8	Rest	4 mile run	X-training: Biking, swimming	3 mile run, 3-5 strides	Strength Training or Yoga	3 mile run	8 mile run
9	Rest	4 mile run, 5 x 30 second hill sprints	X-training: Biking, swimming	8 mile run downhill option	Strength Training or Yoga	45 minute walk	15 minute walk/warm up 5 mile MAF Test 15 minute walk cool down
10	Rest	5 mile run	X-training: Biking, swimming	1 mile easy 6 x 30 second hard effort, 2 minute recovery 1 mile easy	Strength Training or Yoga	5 mile run	10 mile run
11	Rest	4 mile run	X-training: Biking, swimming	3 mile run, 3-5 strides	Strength Training or Yoga	3 mile run	8 mile run
12	Rest	3 mile run	30 minutes easy x-training	1 mile easy 3 x 30 second hard effort, 1 minute recovery 1 mile easy	Rest	Shake out run of 1 mile or a few strides	13.1 Race Day

LEVEL 1 – MARATHON

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest, walk or mobility	3 mile run	X-training: Biking, swimming	4 mile run	Strength Training or Yoga	15 minute walk/warm up 5 mile MAF Test 15 minute walk cool down	3 mile run
2	Rest	3 mile run	X-training: Biking, swimming	3 mile run	Strength Training or Yoga	3 mile run	7 mile run
3	Rest	4 mile run	X-training: Biking, swimming	4 mile run	Strength Training or Yoga	3 mile run	8 mile run
4	Rest	3 mile run	X-training: Biking, swimming	5 mile run	Strength Training or Yoga	3 mile run	10 mile run
5	Rest	5 mile run	X-training: Biking, swimming	8 mile run	Strength Training or Yoga	30 minute walk	15 minute walk/warm up 5 mile MAF Test 15 minute walk cool down
6	Rest	3 mile run	X-training: Biking, swimming	5 mile run	Strength Training or Yoga	3 mile run	12 mile run
7	Rest	3 mile run	X-training: Biking, swimming	6 mile run downhill option	Strength Training or Yoga	3 mile run	14 mile
8	Rest	4 mile run	X-training: Biking, swimming	5 mile run	Strength Training or Yoga	4 mile run	12 mile run
9	Rest	4 mile run	X-training: Biking, swimming	6 mile run	Strength Training or Yoga	3 mile run	16 mile run
10	Rest	5 mile run	X-training: Biking, swimming	5 mile run	Strength Training or Yoga	3 mile run	18 mile run
11	Rest	4 mile run	X-training: Biking, swimming	8 mile run downhill option	Strength Training or Yoga	30 minute walk	15 minute walk/warm up 5 mile MAF Test 15 minute walk cool down
12	Rest	3 mile run	X-training: Biking, swimming	6 mile run	Strength Training or Yoga	5 mile run	16 mile run
13	Rest	5 mile run	X-training: Biking, swimming	5 mile run	Strength Training or Yoga	2 mile run	20 mile run
14	Rest	3 mile run	X-training: Biking, swimming	5 mile run	Strength Training or Yoga	2 mile run	18 mile run
15	Rest	5 mile run	X-training: Biking, swimming	4 mile run	Strength Training or Yoga	3 mile run	8 mile run
16	Rest	3 mile run	30 minutes easy x-training	3 mile run	Rest	Shake out run of 1 mile or a few strides	26.2 race day

## LEVEL 2 – MARATHON

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest, walk or mobility	3 mile run	X-training: Biking, swimming	4 mile run	Strength Training or Yoga	15 minute walk/warm up 5 mile MAF Test 15 minute walk cool down	5 mile run
2	Rest	3 mile run	X-training: Biking, swimming	4 mile run	Strength Training or Yoga	3 mile run	8 mile run
3	Rest	4 mile run	X-training: Biking, swimming	5 mile run	Strength Training or Yoga	3 mile run	10 mile run
4	Rest	3 mile run, 4 x 20 second hill sprints	X-training: Biking, swimming	5 mile run downhill option	Strength Training or Yoga	5 mile run	10 mile run
5	Rest	5 mile run	X-training: Biking, swimming	8 mile run	Strength Training or Yoga	30 minute walk	15 minute walk/warm up 5 mile MAF Test 15 minute walk cool down
6	Rest	3 mile run	X-training: Biking, swimming	6 mile run, 3-5 strides	Strength Training or Yoga	3 mile run	12 mile run
7	Rest	3 mile run	X-training: Biking, swimming	6 mile run 4 x 30 second fartleks	Strength Training or Yoga	3 mile run	14 mile
8	Rest	4 mile run	X-training: Biking, swimming	9 mile run, 3-5 strides	Strength Training or Yoga	5 mile run	12 mile run
9	Rest	4 mile run, 5 x 30 second hill sprints	X-training: Biking, swimming	7 mile run 6 x 15 second fartleks	Strength Training or Yoga	3 mile run	16 mile run
10	Rest	5 mile run	X-training: Biking, swimming	8 mile run downhill option	Strength Training or Yoga	3 mile run	18 mile run
11	Rest	4 mile run	X-training: Biking, swimming	10 mile run, 3-5 strides	Strength Training or Yoga	30 minute walk	15 minute walk/warm up 5 mile MAF Test 15 minute walk cool down
12	Rest	6 mile run, 6 x 20 second hill sprints	X-training: Biking, swimming	7 mile run	Strength Training or Yoga	5 mile run	16 mile run
13	Rest	5 mile run	X-training: Biking, swimming	6 mile run, 3-5 strides	Strength Training or Yoga	2 mile run	20 mile run
14	Rest	3 mile run, 4 x 30 second hill sprint	X-training: Biking, swimming	8 mile run 6 x 20 second fartleks	Strength Training or Yoga	2 mile run	18 mile run
15	Rest	5 mile run	X-training: Biking, swimming	4 mile run, 3-5 strides	Strength Training or Yoga	3 mile run	8 mile run
16	Rest	3 mile run	30 minutes easy x-training	3 mile run	Rest	Shake out run of 1 mile or a few strides	26.2 race day

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# POST-RACE PLANNING

In the first week post-race you may actually feel like heading out for a run, that's an interesting thing about this training method. However, if you notice that your HR is not going up or is much higher than normal, cut the run and walk. That's your body saying it's been taxed too hard and needs more recovery.

Give yourself at least 4-6 weeks following MAF 100% again.

Then run a 3 mile MAF test and compare your paces. If they're slightly faster, then the race did its job and you're progressing, so stick with MAF for another 4 weeks.

If during that test you find your paces aren't improving, it's ok to add in a few weeks of speed work.

## What does that look like?

- 1 workout per week maxing at 30 minutes with higher intensity
- All other workouts must remain at LHR
- If you're resting HR starts to creep up or your easy runs start deteriorating you weren't ready for additional speed.
- Limit this to 4 weeks
- Then return to MAF for another 3-4 weeks
- Retake your MAF test and if improving, you can keep doing that speed cycle.



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### Speed sessions could include:

- HIIT workouts like Orange Theory
- Temp run maxing at 30 minutes
- Fartleks to play with speed (I like 3 min hard, 3 recover, 2 harder, 2 recover, 1 hardest, recover)
- Track workouts
- Hill workouts

Remember with an addition of speed to do a great warm up and test your paces before diving in to a hard-core sprint. You don't want to get injured now! Allow your body to adjust to the change, which it should be more ready to do after your race.