

Different Types of Running



**VARIETY IS
KEY FOR
IMPROVEMENT**

THE DIFFERENT TYPES OF RUNNING

Ultimately, you simply need to put one foot in front of the other. But if you want to improve your speed and get more out of your time invested you may want to learn about the different types of running.

Recovery Run - The recovery run is meant to be ran within 24 hours after an intense running day or fitness session. It's not about speed, intensity, distance, or getting a PR. It's and aerobic exercise so it should be completed at a nice and easy pace. You should be able to easily hold a conversation (Talk Test) when on a recovery run. Running at a relaxed pace should be the aim of your recovery run. Recovery runs have a plethora of benefits. They can help improve running form, increase your weekly run volume, improve aerobic capacity, and reduce muscle soreness. Another benefit is capillary and mitochondria development simply put mitochondria is responsible for creating energy for your muscles and capillaries are responsible for delivering oxygen to your muscles and flushing out waste.

Long Run - The definition of a long run can vary depending what you are training for or who's actually running. Typically a long run is anywhere between 5 - 25 miles. But for complete beginners 2 miles could respectfully be considered as a long run. Some of the benefits are that long runs help build up mental & physical strength, it helps you reach your weekly mileage goals, and the sense of accomplishment after a long run for me is exhilarating!

Progression Run - Progression runs are runs that start slow and increase throughout the duration of the run. It's a great way to test your running progress. You start easy and slowly work your way up to your goal pace. Progression runs are also great for those who may be just returning from an injury. Progression runs can be difficult to master but an easy way to slice a progression run is by time. Simply run for 15/15/15 minutes or 30/10/10 with each phase faster than the previous one.

Hill Repeats - Hill repeats consists of quickly running up a hill and recover by slowly walking or running back down. Running hills can definitely make you a faster, stronger, and healthier runner. Some of the benefits of Hill Repeats (aka Hill Sprints) are: Strengthens running muscles which helps reduce injury, builds mental toughness, increases the power of your strides, improves heart efficiency, and helps jumpstart metabolism.

Fartlek - Fartlek is a Swedish word that means "Speed Play" and that's essentially what you are doing when on a fartlek run, you are playing with different speeds and efforts. There's absolutely no stopping which can make this type of run difficult if you are a beginner. There are no specific pace goals just good hard on and off running! One of my favorite benefits of a fartlek run besides the fact that it helps with my speed, it also improves my ability to turn on the jets in races and overtake a competitor when tired, or shave a few seconds off of my finishing time. Though the combinations are endless try this, if you are running for 20 minutes, do 30 seconds of fast running every 4 minutes, while keeping a steady running pace for the 4 slower minutes. Or if running for 60 minutes, do 5 minutes at a hard pace and 2 minutes at an easier pace!

Intervals - With intervals you run fast for a short distance and then slow down to recover. It's a very simple formula - Run. Rest. Repeat. Running in short spurts will teach your body more efficient ways to run. There is also evidence that shows that interval runs may reduce the possibility of injuries. Intervals can also assist with decreasing your resting heart rate and blood pressure.

Base Run - Base runs are basically your natural running pace at short to moderate lengths. These runs will likely make up most of your weekly mileage as they are meant to be done frequently. Base runs, when done consistently, will increase endurance, aerobic capacity, and overall running economy.

Tempo Run - A tempo run is a sustained effort run that builds up your ability to run faster for longer periods of time, no matter if you are training for a 5k or a half marathon. Typically you would find a pace that you can maintain for at least 20 minutes, but ideally for a 45-60 minute period of time.