



# Treadmill Sessions and Pace Guidelines

## Treadmill training session examples:

Option 1	Leg speed	15 min easy	10 x 1 min anaerobic; 2 min easy	
Option 2	Short hills	15 min easy	8 x 1min @ 5% incline (threshold pace); 2 min easy	
Option 3	Long hills	10-15min easy	4-5 x 3 min @ 4% incline (threshold pace); 2 min easy	
Option 4	Leg speed	15 min easy	10 x 1 min fast/2 min easy; 10 x 30sec fast; 1min easy	
Option 5	Intervals	10-15min easy	6-8 x 2 min anaerobic; 4 min slow	
Option 6	Intervals	10-15min easy	4-6 x 4 min threshold; 2 min slow	
Option 7	Tempo	10-15min easy	4 x 6 min threshold; 2 min slow	
Option 8	Tempo	10-15min easy	3 x 8 min threshold; 2 min slow	
Option 9	Tempo	10-15min easy	3 km threshold	
Option 10	Tempo	10-15min easy	5 km threshold	



## Treadmill Pacing

10km time	Slow	Easy	Steady	Threshold	Anaerobic	Fast
1:05:00	4,5	5,5	7,5	9,5	10,9	11,6
1:00:00	5	6	8	10	11,4	12,1
0:55:00	6	7	9	11	12,4	13,1
0:50:00	7	8	10	12	13,4	14,1
0:45:00	8,5	9,5	11,5	13,5	14,9	15,6
0:40:00	10	11	13	15	16,4	17,1
0:35:00	12	13	15	17	18,4	19,1
0:30:00	14	15	17	19	20,4	21,1