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Speed Training & Goals

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It was great to see posts about personal 5k goals this season, whether you shared or not there must be a goal you have in mind, if not, pick one so you can track your progress as you become committed to a new fitness plan in 2015.

The most important place to start is with pace.

What do you need your pace to be to obtain your goal?

Do you know how to find out?

Use this easy tool on the [Runner's World](http://www.runnersworld.com) website.

<http://www.runnersworld.com/training/pace-calculators>

Now you are ready to start making a training plan, give yourself ample time to complete any program you start, and stay committed by getting a work out buddy or posting your journey here with us to stay motivated!

Always Warm Up & Cool Down when doing any exercise, and NEVER push through pain, swelling, or out of the ordinary discomfort, continuing to train with an injury will only prolong your recovery time.

Check out our blog section on the [G-Vegas Striders](http://www.gvegasstriders.com) main website to learn about the two techniques that you should use in your training to better your speed.

Speed training - meeting 5k (or more) goals

Technique

1. Fast 400's (1 lap around a standard outdoor track is a 400)

Start with 1 or 2 x 400 as a beginner, 4 to 6 x 400 for intermediate runners/walkers, increasing by 2 each week until the race. Max set should be about 14 x 400 so plan your training schedule with enough weeks to reach this goal.

Run each 400 at least 8 seconds faster than what your pace has to be to reach your goal.

<http://www.active.com/running/articles/5-ways-to-improve-your-5k-speed>

2. Hill Runs help build speed and stamina, the quick uphill drive forces the legs to strengthen and build a stronger stride for runs. With shorter regular strides in a sustained rhythm will drive you up the hill and the increases turnover in your legs for speed on flat surfaces.

<http://www.worldrunning.com/articles/how-to-improve-your-5k-time/>

The most important part of reaching goals comes in the preparation. Seek out the tools or information you will need, share or find ways to motivate during training, and keep pushing yourself. Here's to a wonderful year of outstanding results!!