Tempo Runs (or Bike)

These are designed to build your aerobic fitness. Tempo runs are runs performed at 60-70% of your top speed (so a fairly fast stride).

These **should not be a flat out sprint** as this then turns into a different form of training. Tempo runs should be slow enough that you can do them the day following a tough workout. Done at this pace they should not interfere with any sport practice, games or weight training if done in-season.

When performing a session the last run should be as good as the first one. If you are struggling to complete the last rep you have run too fast or have chosen a level too high.

Another way to think about the speed is while running you should be able to answer questions with one word answers. If you can't, then again you're going too fast.

Perform tempo runs diagonally across a pitch from corner to corner (approx. 100m), with however long it takes you to walk the short side of the pitch as recovery. You can also do them along a route, running between markers (e.g lamp posts), and you want to walk about half the distance you run.

If you are performing more than one set of tempo runs, walk around the whole pitch as recovery between sets (or for 3-4 minutes if you're going along a route)

See the table below for tempo levels.

BIKE alternative
You can perform these on a bike instead in a 30 seconds on: 30 seconds off format with 3-5 minutes break between sets. Again, the pedal speed should be 60-70% effort and within your limits.

Tempo run levels

Below is a table, which has different levels of tempo run sessions. As you progress you will move up the levels. Start at level 1 and progress from there.

Level	Set 1 (number of runs)	Set 2 (number of runs)	Set 3 (number of runs)
1	8		
2	9		
3	10		
4	6	6	
5	7	6	
6	7	7	
7	8	7	
8	8	8	
9	9	8	
10	9	9	
11	10	9	
12	10	10	
13	7	7	7
14	8	7	7
15	8	8	7
16	8	8	8
17	9	8	8
18	9	9	8
19	9	9	9
20	10	9	9
21	10	10	9
22	10	10	10