

# SportRec@Home

## First 4 Weeks - Intro to Lactic Acid



*These intervals can be added to your regular weekly running schedule. If you are used to running 60 minutes or more you may substitute 2 runs per week for interval running. All of these sessions **must begin with a light 5 minute warm up jog!***

### WEEK 1

#### Session 1

##### 20 minutes:

30 sec running at a faster pace  
2 min running at regular pace or slower

#### Session 2

##### 20 minute:

30 sec running at a faster pace  
2 min running at regular pace or slower

#### Session 3

##### Your weekly long run

Try to run for half the time at a slightly faster pace than normal

### WEEK 2

#### Session 1

##### 25 minutes:

30 sec running at a faster pace  
2 min running at regular pace or slower

#### Session 2

##### 25 minutes:

30 sec running at a faster pace  
2 min running at regular pace or slower

#### Session 3

##### Your weekly long run

Try to run for half the time at a slightly faster pace than normal

### WEEK 3

#### Session 1

##### 25 minutes:

60 sec running at a faster pace  
2 min running at regular pace or slower

#### Session 2

##### 25 minutes:

60 sec running at a faster pace  
2 min running at regular pace or slower

#### Session 3

##### Your weekly long run

Try to run for half the time at a slightly faster pace than normal

### WEEK 4

#### Session 1

##### 30 minutes:

45 sec running at a faster pace  
1 min running at regular pace or slower

#### Session 2

##### 30 minutes:

45 sec running at a faster pace  
1 min running at regular pace or slower

#### Session 3

##### Your weekly long run

Try to run for half the time at a slightly faster pace than normal

Download our [Stretching Guide](#) to accompany this running plan!