

SportRec@Home

Weeks 4 - 8: Lactic Acid Tolerance



Lactic Acid does not feel good. However, the more you experience it, the more your body learns to deal with it. This is key to increasing your pace. Eventually you will be able to run faster without the same amount of lactic acid build up. These next few weeks are about building lactic acid tolerance. No back to back lactic acid training days.

WEEK 5

Session 1

30 minutes:

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

Session 2

20 minute:

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

WEEK 6

Session 1

30 minutes:

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

Session 2

20 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

WEEK 7

Session 1

25 minutes:

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

Session 2

20 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

WEEK 8

Session 1

25 minutes:

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

Session 2

20 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

Take at least 3 days off of intense training before your race

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