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TREADMILL WORKOUTS

3 treadmill workouts for your winter run training. Learn to LOVE the treadmill



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TREADMILL TRAINING GUIDE

Treadmill running can be a useful tool for all runners, not only on adverse weather days but even on those nicer days where it might call for more control or to assist in some load management.

One of the biggest advantages of treadmill running is the ability to control and adjust the intensity. Speed and incline can be manipulated to equal the demand of any outdoor run.

On the flip side, the disadvantages can include limited muscle engagement and underutilisation of stabilisers. Of course, also the monotony of travelling without moving – it's not nicknamed the 'DREADMILL' for no reason!

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TREADMILL TRAINING GUIDE

In this document, I'm giving you three treadmill workouts that I use with my athletes and in my training. Each one comes with the Purpose, Intensity Rationale and Outcome. I find the why behind a session is as beneficial to an athlete as the what. The three runs are:

- **PROGRESSIVE ENDURANCE – 55mins**
- **THRESHOLD with PRIMERS – 60mins**
- **INCLINE INTERVAL with PRIMERS – 54mins**

Intensities are prescribed carefully but come with a note of caution. Please check with your GP before undertaking any new training. If you are unsure, please start more lightly and easier than what I have put. If in doubt, please contact me and I can advise as best I can.

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SET YOUR SPEEDS

Find your threshold pace and read across to the % your session calls for. Between two rows? Go halfway. It's a guide, not a prescription.

Threshold Pace (min/km)	Threshold Speed (kph)	50%	77%	80%	83%	85%	86%	95%	100%
7:00	8.6	4.3	6.6	6.9	7.1	7.3	7.4	8.1	8.6
6:30	9.2	4.6	7.1	7.4	7.7	7.8	7.9	8.8	9.2
6:00	10.0	5.0	7.7	8.0	8.3	8.5	8.6	9.5	10.0
5:30	10.9	5.5	8.4	8.7	9.1	9.3	9.4	10.4	10.9
5:00	12.0	6.0	9.2	9.6	10.0	10.2	10.3	11.4	12.0
4:30	13.3	6.7	10.3	10.7	11.1	11.3	11.5	12.7	13.3
4:00	15.0	7.5	11.6	12.0	12.4	12.8	12.9	14.2	15.0
3:30	17.1	8.6	13.2	13.7	14.2	14.6	14.7	16.3	17.1
RPE		1 - Very Easy		3 - Conversational		5 - Moderate			7/8 - Hard

If the speeds and the feel disagree, then trust the feel. If it feels harder than the RPE listed, drop to the next slower row

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PROGRESSIVE ENDURANCE

55MINS

Purpose - Builds sustained aerobic durability through a rising Low-to-High progression

Intensity Rationale - Three deliberate stages rather than a blended ramp, so each segment is a genuine intensity rather than a guess at "somewhere between"

Outcome - Aerobic durability under rising load

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PROGRESSIVE ENDURANCE

55MINS

WARM-UP	77% Threshold Pace RPE 1/2	5 mins
MAIN 1	80% Threshold Pace RPE 2	15 mins
MAIN 2	83% Threshold Pace RPE 3	15 mins
MAIN 3	86% Threshold Pace RPE 4	15 mins
C-DOWN	77% Threshold Pace RPE 1/2	5 mins

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THRESHOLD w PRIMERS

60MINS

Purpose - Builds threshold pace control across three sustained cruise intervals, primed by a handful of short intensity touches that ready the legs after the warm-up ramp

Intensity Rationale - Broken into three reps so real threshold pace can be held throughout without drifting slower from accumulated fatigue, with Easy recovery between letting each rep restart clean; the short reps beforehand aren't a threshold stimulus themselves — too brief to accumulate meaningful lactate — they exist purely to ensure the legs arrive at the main set already switched on ready

Outcome - Threshold pace control under broken-interval structure, legs primed and ready entering the main set

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THRESHOLD w PRIMERS

60MINS

WARM-UP	77% to 86% Threshold Pace RPE 1/2	4x5 mins
PRIMER	100% : 77% Threshold Pace RPE 7 : RPE 1/2	4x15s : 45s
MAIN WORK	95% Threshold Pace RPE 7	8 mins
+ REST (X3)	80% Threshold Pace RPE 2	3 mins
C-DOWN	77% Threshold Pace RPE 1/2	3 mins

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INCLINE INTERVAL w PRIMERS

54MINS

Purpose - Develops high-end aerobic power through repeated hill-style efforts on a treadmill incline

Intensity Rationale - Effort is set at 85% of threshold pace at 5% incline matching ~105% of flat threshold pace. It's kept controlled rather than maximal, because incline running loads the calves and Achilles harder than flat running, so build up gradually if incline work is new to you. Walk recovery at 0% lets breathing and heart rate settle so each rep can be repeated at the same quality.

Outcome - High-end aerobic power built through incline running

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INCLINE INTERVAL w PRIMERS

54MINS

WARM-UP	77% to 86% Threshold Pace RPE 1/2	3x7 mins
PRIMER	100% : 77% Threshold Pace RPE 7 : RPE 1/2	4x15s : 45s
MAIN WORK	85% Threshold Pace @ 5% RPE 7/8	4 mins
+ REST (X4)	50% Threshold Pace @ 0% RPE 1	2 mins
C-DOWN	77% Threshold Pace RPE 1/2	5 mins

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IF YOU HAVE ANY QUESTIONS PLEASE CONTACT ME.

@CM_ENDURANCE (IG)

OR VIA

WWW.CM-ENDURANCE.CO.UK

PLEASE SEND ME ANY FEEDBACK ON THE SESSIONS. I'D LOVE TO HEAR FROM YOU.