

CRAIG MISKIN



PERFORMANCE

# TREADMILL WORKOUTS.

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3 Treadmill workouts that are engaging  
and performance orientated

Learn to **LOVE** the treadmill...

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# TREADMILL TRAINING GUIDE

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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 for injury management.

One of the biggest advantages of treadmill running is the ability to control and adjust the intensity. There are numerous combinations and benefits to speed and incline use that can be made equal to the demand of any outdoor run.

The disadvantages can include limited muscle engagement and underutilised stabilisers. Of course, also the monotony – it's not also called a dreadmill by chance!

*Here are 3 workouts with 3 different levels for you to try on your next treadmill workout:*

# HEAD TO THE HILL REPEATS

Session designed to work on leg strength. Pace should be conservative as there will be higher demands on oxygen uptake and loading through lower limb during the hill rep.

	Beginner	Intermediate	Advanced
W-Up	10min progressive run up to Z2 HR / RPE 6-7		
Main	90s @ 3% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7 90s @ 4% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7 90s @ 5% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7	90s @ 3% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7 90s @ 4% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7 90s @ 5% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7 90s @ 6% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7	90s @ 3% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7 90s @ 4% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7 90s @ 5% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7 90s @ 6% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7 90s @ 7% incline : Z3 / RPE 8 3min flat : Z2 / RPE 7
C-Down	5min declining easy run to walk		

# FAST, FASTER, RECOVER

Session designed to work on sustained pace and ability to push hard. Pace should move from Threshold to 3k pace. Focus on knee drive as a technical cue for the faster.

	Beginners	Intermediate	Advanced
W-Up	10min progressive run up to Z2 HR / RPE 6-7		
Main	Run 3 min Fast Run 1 min Faster Run 4 min Easy/Rec  Repeat x 3	Run 4 min Fast Run 2 min Faster Run 4 min Easy/Rec  Repeat x 3	Run 5 min Fast Run 2 min Faster Run 4 min Easy/Rec  Repeat x 3
C-Down	5min declining easy run to walk		

# PYRAMID REP, SPEED + DISTANCE

Session working on a broken run to keep the intensity but engage the athlete in the work and not mindlessly run. Have lapse time on display through the run. Levels relate to speed

	Beginner - MP	Intermediate - HMP	Advanced - Threshold
W-Up	10min progressive run up to Z2 HR / RPE 6-7		
Main	3 x 2min with 1 min Easy 2 x 3min with 1 min Easy 1 x 4min with 1 min Easy 2 x 3min with 1 min Easy 3 x 2min with 1 min Easy	3 x 2min with 1 min Easy 2 x 3min with 1 min Easy 1 x 4min with 1 min Easy 2 x 3min with 1 min Easy 3 x 2min with 1 min Easy	3 x 2min with 1 min Easy 2 x 3min with 1 min Easy 1 x 4min with 1 min Easy 2 x 3min with 1 min Easy 3 x 2min with 1 min Easy
C-Down	5min declining easy run to walk		

*MP – Marathon Pace*

*HMP – Half Marathon Pace*

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# NO RESETS JUST EVOLUTION

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CM Endurance exists to make you a better athlete without making you a worse human being.

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