



If you're ready to level up on your running game and hit new speeds, there are specific steps you need to take to run faster. In addition to working on your running stride and cadence, there are effective strategies and techniques you can utilize to help you successfully pick up the pace and reach new personal bests. With consistency and patience, having a positive mindset, and incorporating our tips below, you can break free from your running plateau, shave off time for your next race, and achieve new fitness milestones.



## 4 Ways to Build Fitness & Improve Your Speed

- 1. Proper Form** - Mastering proper running form helps increase your speed, optimize your breathing, and minimize the risk of injury. Maintain an upright posture with a slightly forward lean; keep your head up, shoulders relaxed, and elbows bent with your arms swinging naturally to help you breathe more efficiently, conserve energy, and run faster.
- 2. Strength Training** - A strong body is the foundation for running faster. Strengthening your core, leg muscles, glutes, and hips helps boost your speed and endurance. Add basic weight training, cross-training, and exercises like squats, planks, bridges, and lunges to strengthen your muscles and improve your running economy, and always make time for warm-ups and cool-downs.
- 3. Prioritize Recovery** - Rest days are essential for optimal running performance. Allowing your body time to recover and your muscles to rebuild between workouts is important to ensuring fitness gains, preventing injuries from overtraining, restoring energy, and maintaining conditioning. Be sure to get adequate sleep, hydration, and nutrition to keep your body healthy and firing on all cylinders, and incorporate stretches and foam rolling for post-run muscle recovery.
- 4. Incorporate Speedwork** - Speed workouts help train your body to adapt to running at faster paces. Adding sessions like intervals, fartleks, strides, and tempo runs to your training allows you to build up endurance to run more efficiently at faster speeds.

## How to Incorporate Speedwork Into Your Training

Speedwork can benefit your training whether you are a new runner looking to get faster or a long-time runner that wants to meet a new goal. Read on for our speedwork tips, speed workouts, and our free race training guides to help you run faster as you chase your next PR.

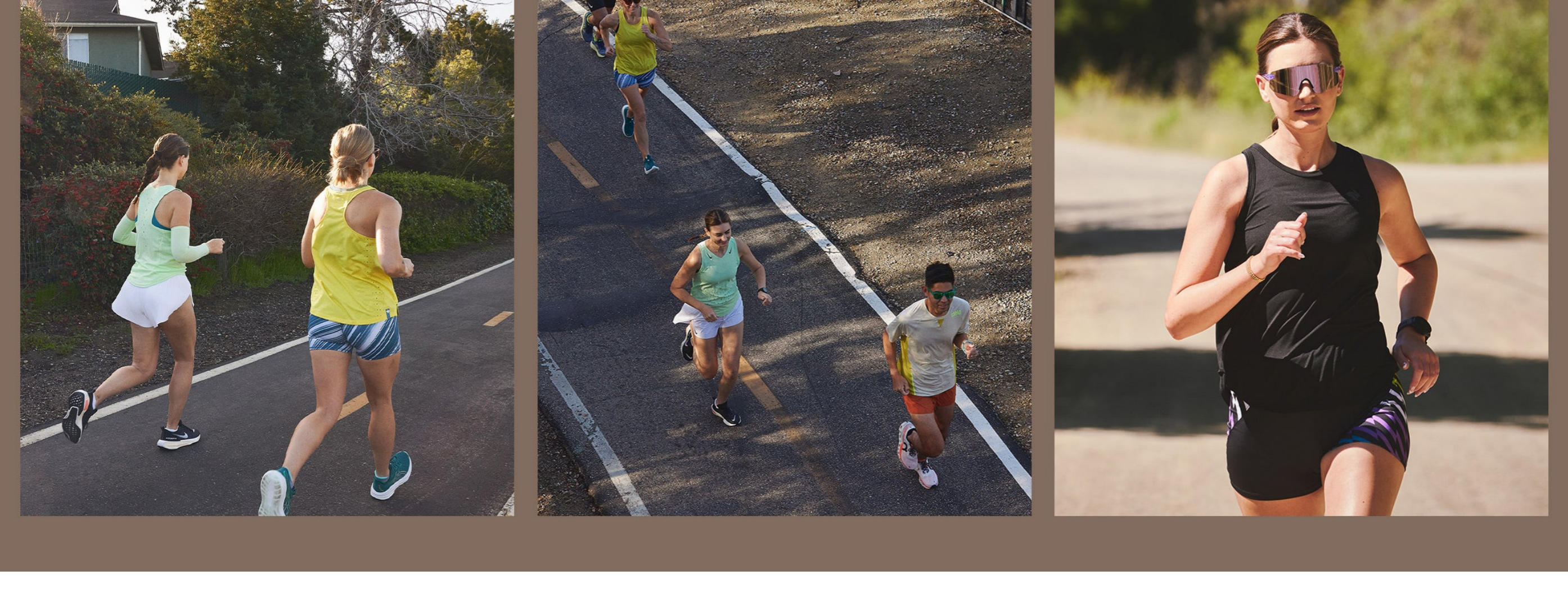
## 5 Tips For Speedwork

- Tip #1:** New Runners should do speedwork no more than once a week. Experienced Runners can do faster workouts 2x a week.
- Tip #2:** Don't attempt speedwork until you've been running 3-4 times a week for at least 6 months, totaling 15-25 miles per week.
- Tip #3:** Speedwork should total no more than 10% of your total weekly mileage.
- Tip #4:** Accountability is key to success. Do speedwork with friends or a run club.
- Tip #5:** Listen to your body. Speed can lead to injury. If you feel pain or discomfort, don't push yourself.



## 4 Types of Speed Workouts for Runners

<p><b>How to Run Intervals</b></p> <p><a href="#">Read Now</a></p>	<p><b>How to Run Fartleks</b></p> <p><a href="#">Read On</a></p>
<p><b>How to Run Strides</b></p> <p><a href="#">Learn More</a></p>	<p><b>How to Do Tempo Runs</b></p> <p><a href="#">Read On</a></p>



## Free Training Plans

<p><b>5K Training Plan for Beginners</b></p>	<p><b>Half Marathon Training Plan for Beginners</b></p>	<p><b>Half Marathon Training Plan for Faster Time</b></p>
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