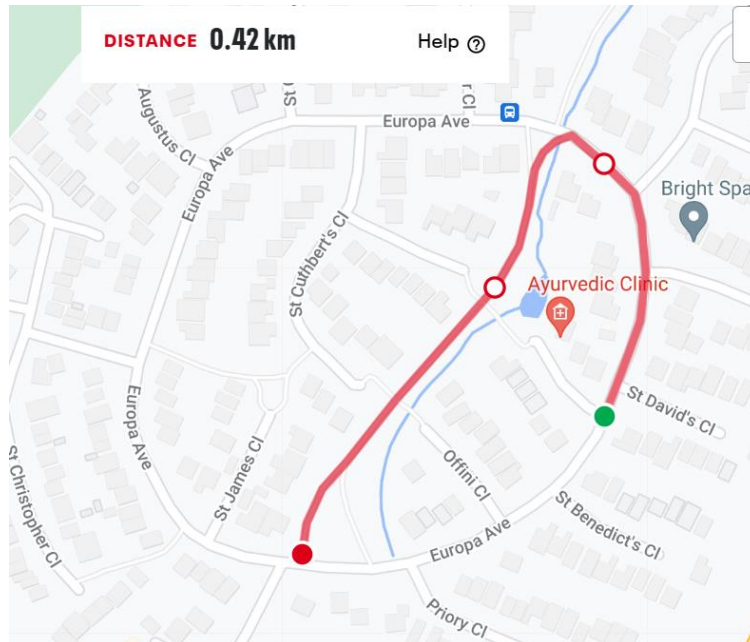
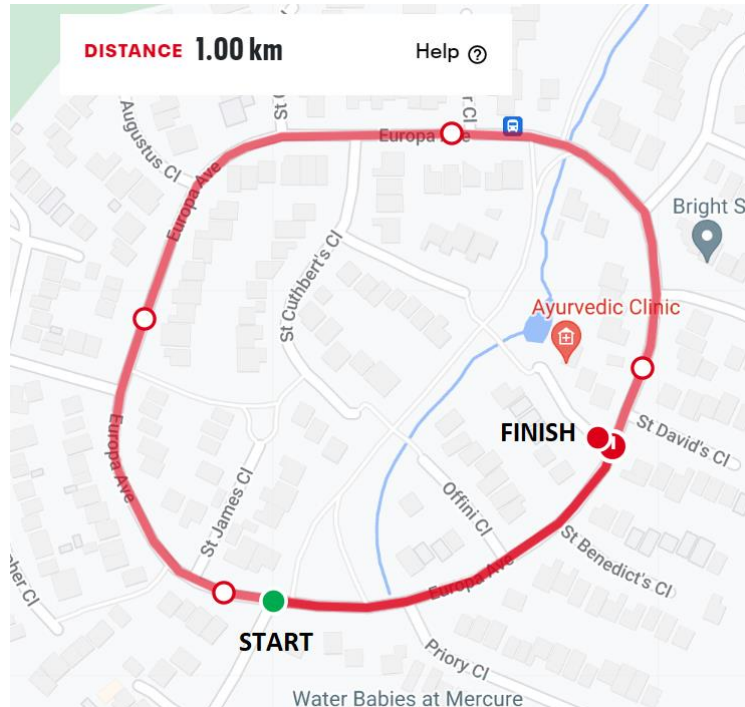


Europa way 1k efforts

The Warmup: Easy 15-20 minute jog followed by drills and 4 x strides.

The Workout: Run 1k at your goal marathon race pace. After completing your first 'K' at goal marathon race pace, jog easily for 400 meters and repeat this sequence 8-10 times depending on your experience and fitness level.



This workout is great practice to get your legs used to running marathon pace, while also teaching your body to clear out lactic acid. The short rest allows you to get your heart rate back down so it's not a full-blown marathon tempo, but you still get 5-6 miles of work at marathon pace. It gets very tough and uncomfortable at the end but with such short rest the workout is over sooner than you think.