

PRECISION RUNNING

GOOD COP / BAD COP

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30 MINUTE WORKOUT—2 SEGMENTS

The B.I.T.E method works in this run by gradually adding speed to one interval (good cop) and then applying that new speed to a pre-selected incline (bad cop)!

It's important to choose an ending goal based on your average best 30-second speed (the fastest you think you can go for 30 seconds on your final interval). Simply start the run 2.0 mph slower than your ending goal and

everything else falls into place. You'll do two segments of 90-seconds x2, 60-seconds x2, and 30-seconds x2. You'll see balance in gradually adding 1.0 mph in each segment, as the intervals get shorter. After a few minute warm up, get started and you'll be done before you know it!!

SEGMENT 1

INTERVAL	SPEED	INCLINE	RECOVERY (all 0% incline)
90 seconds	Fast (2.0 from goal) Ex: 5.0, 7.0 or 9.0	0%	1 min. moderate walk/jog
90 seconds	Same Speed	5%	1 min. same walk/jog
60 seconds	+0.5 mph Ex: 5.5, 7.5 or 9.5	0%	1 min. same walk/jog
60 seconds	Same Speed	5%	1 min. same walk/jog
30 seconds	+0.5 mph Ex: 6.0, 8.0 or 10.0	0%	1min. same walk/jog
30 seconds	Same Speed	5%	3 min. complete recovery

SEGMENT 2

INTERVAL	SPEED	INCLINE	RECOVERY (all 0% incline)
90 seconds	Fast (last speed) Ex: 6.0, 8.0, or 10.0	0%	1 min. moderate walk/jog
90 seconds	Same Speed	3%	1 min. same walk/jog
60 seconds	+0.5 mph Ex: 6.5, 8.5 or 10.5	0%	1 min. same walk/jog
60 seconds	Same Speed	3%	1 min. same walk/jog
30 seconds	+0.5 mph Ex: 7.0, 9.0 or 11.0	0%	1min. same walk/jog
30 seconds	Same Speed	3%	3 min. cool down