

## **Guideline #2 – Risks associated with too much hard running**

An appropriate training program should include no more than 20% of the total mileage being done at a high intensity. When increasing your intense running, increase by no more than 3% per week to allow for proper adaptation.

Speed and interval work are cornerstones to a successful build-up to your key event, but too much can push an athlete over the edge. The amount of speed and interval work an athlete should do is dependent on the athlete's history and background in running.

*~ Brad Spokes, BScPT, CSCS, CAFCI*