



The respiratory system works to provide your body the oxygen it needs. You may be astonished to know that we breathe more than 20,000 times a day, so any respiratory problems are going to be exacerbated when you're training.

As a percentage of your body's energy expenditure, breaths can reach double digits under heavy effort loads. Amazingly, we pay more attention to training the muscles that demand oxygen and little to no attention to the respiratory system that delivers it.

TIME/DISTANCE DESCRIPTION

10 min. Easy running RPE 1

4 × 5 min. Nasal breathing (NB) intervals RPE 3
5-min. running recovery

Take a break from NB work and run at a moderate effort.

10 min. Easy running RPE 1

WORKOUT PROGRESSION

WEEK	INTERVAL	RECOVERY
1	4 × 5 min. NB	5 min. normal run
2	4 × 6 min. NB	4 min. normal run
3	4 × 7 min. NB	3 min. normal run
4	4 × 5 min. NB	5 min. normal run
