Tempo runs are a good measure of fitness. You run easy for the first number of minutes and then run comfortably hard for the second number of minutes and then finish with an easy run the third number of minutes. This workout is to be challenging, but not hard, you should not have sore muscles the next day.

Yasso 800 – These are run on the track and they are 800 meter runs at a pace of what you want to run the marathon in. For example, if your goal for the marathon is 3:50 (3 hours and 50 minutes), run your 800s in 3 minutes and 50 seconds.