



4 HIIT Running Workouts to Get You Moving Fast

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The great thing about [running](#) and [high-intensity interval training](#) (HIIT) workouts is they can be done on your own, anytime, anywhere — and they include a whole lot of variety. You don't have to go out and log a half-marathon to get in a good run, just like you don't need to do an hour's worth of [burpees](#) to cross off your daily sweat from your to-do list. Tacking interval training and your run together, though, can pack a slew of total-body benefits. Plus, it's super-efficient.

“Interval-style training is key for runners,” says Alexandra Weissner, co-founder of bRUNch Running and run coach. “From long intervals — like [tempo runs](#) — to shorter intervals — like sprints, interval training builds strength, stamina and mental toughness. No matter what distance you are training for, if you want to get faster, you need to train your body to run at a faster speed using a controlled method.”

Don't just take Weissner's word for it, science agrees. Interval training can have dramatic improvements on both aerobic (endurance) and anaerobic (power) capacity, according to some [research](#). Plus, it's been [shown](#) to potentially improve heart health, including capacity and lowering resting heart rate. Summary: This type of training can actually boost your running in a way that a standard, single-pace run cannot.

Not sure what you've got in the tank? Ask a friend to do the workout too, and then compare notes. [Research](#) shows that if we see a friend ran a certain distance at a certain speed, we're motivated to run even faster and farther than we (maybe) otherwise would.

Good news: If you're ready to pick up the pace, we've got you covered. Here are four running interval workouts that will have you finding your fast in no time. Before hitting the pavement, make sure to do a proper running workout, including these [dynamic warmup moves](#).

LONG INTERVAL WORKOUT

Total time: ~75 minutes

Warmup: 20 minutes easy jog

Effort: 15 minutes at 10K race pace, recover walk for 5 minutes

Reps: 1

Cooldown: 15-minute easy jog

Not sure what your race pace is? This [pacing guide](#) can help.

SPRINTING INTERVAL WORKOUT

Total time: ~60 minutes

Warmup: 20 minutes easy jog



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Effort: 1-minute sprint pace, 2 minutes walking recovery

Reps: 8

Cool-down: 15-minute easy jog

HILL INTERVAL WORKOUT

Total time: ~15 minutes

Warmup: 5-minute jog

Effort: Find a hill. Run as fast as possible up the hill for 30 seconds, jog down slowly for 60 seconds.

Reps: 4-6

Cool-down: 5-minute easy jog

SHORT INTERVAL WORKOUT

Total time: ~20 minutes

Warmup: 5-minute jog

Effort: Sprint for 60 seconds at a 9 out of 10 effort, jog for 90 seconds.

Reps: 4-6

Cool-down: 5-minute jog