

4 Mile Curve Challenge

Are You Ready to
Take the Challenge?



Also Known as the “2-4-6-8” Workout

It consists of

- 2 - Half Miles
- 4 - Quarter Miles
- 6 - 200's
- 8 - 100's - *Hit at least 90% of max speed at some point during each sprint*

Between each run (or sprint) the athlete will walk at a recovery pace of 1.5-3.5 mph.

One Rule: The treadmill can NOT stop at any point during the workout.

CURV 

4 Mile Curve Challenge

Keep track of your time to measure improvement!

Try 1 or 2 Stages - End goal is to Complete All 4 Stages

		Goal Time
Stage 1: Half Mile Run (.05 Recovery)		
Run to .50	Walk to .55	
Run to 1.05	Walk to 1.10	8:50
Stage 2: Quarter Mile Run (.05 Recovery)		
Run to 1.35	Walk to 1.40	
Run to 1.65	Walk to 1.70	
Run to 1.95	Walk to 2.00	
Run to 2.25	Walk to 2.30	22:30
Stage 3: 200's (.03 Recovery)		
Run to 2.42	Walk to 2.45	
Run to 2.57	Walk to 2.60	
Run to 2.72	Walk to 2.75	
Run to 2.87	Walk to 2.90	
Run to 3.02	Walk to 3.05	
Run to 3.17	Walk to 3.20	31:20
Stage 4: 100's - Hit 90% Max Speed (.03 Recovery)		
Run to 3.27	Walk to 3.30	
Run to 3.37	Walk to 3.40	
Run to 3.47	Walk to 3.50	
Run to 3.57	Walk to 3.60	
Run to 3.67	Walk to 3.70	
Run to 3.77	Walk to 3.80	
Run to 3.87	Walk to 3.90	
Run to 3.97	Walk to 4.00 Miles	36:40