

What is the Difference between Speed Endurance, Special Endurance 1, and Special Endurance 2?

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All three of these forms of training are aimed at developing the anaerobic lactate or glycolytic system. By developing this energy system, athletes will be better able to run after the body has used all of its ATP stores. These three forms of training are distinguished from each other by their varying intensities and durations. Here is a brief explanation of these three forms of training:

Speed Endurance runs are high intensity runs of 70-150m performed at 95-100% of race pace. Typically, the volume for Speed Endurance workouts is in the range of 300-1200m of total running. The purpose Speed Endurance workouts is to develop the capacity for maintaining maximal or near maximal velocity. Speed Endurance workouts are especially important for short sprinters.

An example of a Speed Endurance workout would be 3 x (80m, 100m, 120m) with full recovery.

Special Endurance 1 runs are high intensity runs of 150-300m performed at 90-100% of race pace. Typically, the volume for Special Endurance 1 workouts is in the range of 300-1200m of total running. The purpose Special Endurance 1 workouts are to develop the capacity for maintaining maximal or near maximal velocity. Special Endurance 1 is important for both short and long sprinters.

An example of a Special Endurance 1 workout would be 4 x 160m with full recovery.

Special Endurance 2 runs are high intensity runs of 300-600m performed at 90-100% of race pace. Typically, the volume for Special Endurance 2 workouts is in the range of 300-1200m of total running. The purpose Special Endurance 2 workouts are to develop the capacity for maintaining near maximal velocity. Special Endurance 2 is especially important for long sprinters.

An example of a Special Endurance 2 workout would be 2 x 450m with full recovery.