



**Walk to Run**  
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**Tempo Workouts are for EVERYONE**  
**by Lynn Gray**

By definition, tempo running is an 80% effort based run for a given length of time to build long distance stamina. For example, tempo running for one wanting to do a 5K may include a one day a week the the following: 3min @80% effort, followed by a 30 second @90% effort, then 3 min @60% effort, continue this process until you have completed a 4 mile distance. Beginner cardio walkers can do the same workout by using walking based efforts the same as a runner would do. Advanced runners could modify this workout once again, by completing this process for 6 miles of distance.

Thus, all levels of walkers and runners can develop their long distance stamina by way of tempo workouts, while giving your legs quicker turnover, and giving yourself more variety with your actual weekly workout program.

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