**Running Every Day**:  
Do you need to run every day of the week?  
Will you improve, get quicker etc doing that?  
There's probably no need to do all this.  
**Here's what actually works best**.  
3 or 4 runs a week can improve your fitness, speed and endurance. This could be the sweetspot for runners.  
**• Easy steady** runs in Zone 2 works wonders for fitness and endurance, a low energy effort helps to build your engine:  
**• Intervals**, short sharp fast workouts to build that speed and power, 30 to 45 minutes with the intervals at (zone 5) with recovery bits in between sets in zone 2 these session really helps.  
**• Tempo Runs**, these are runs at a pace that's not quite flat out but at a pace you can sustain for let's say at around 60 minutes just above your comfort zone (Zone 4) these runs are great for race preparation.  
• You won't see immediate improvement but continue with this for let's say a month to become a all round better runner, with a lesser chance of injuries. So stick with it you'll thank yourself later down the line:  
**itsmycoach.co.uk**