

INTERVAL

Interval training is a structured training session whereby you have set active and recovery times.

An example of interval training to improve speed-endurance:

- ♥ Sprint/run hard 30 seconds (s)
- ♥ Recovery jog 2 minutes (min)
- ♥ Repeat a total of 5 times

An example of interval training to improve cardio:

- ♥ Run hard 1 min
- ♥ Recovery jog 4min
- ♥ Repeat a total of 5 times

An example of pyramid interval sets:

- ♥ Run hard 1 min
- ♥ Recovery jog 3min
- ♥ Run hard 45s
- ♥ Recovery jog 3min
- ♥ Run hard 30s
- ♥ Recovery jog 3min
- ♥ Run hard 15s
- ♥ Recovery jog 3 min
- ♥ Run hard 30s
- ♥ Recovery jog 3min
- ♥ Run hard 45s
- ♥ Recovery jog 3min
- ♥ Run hard 1 min

MAKE SURE YOU DO A PROPER WARM-UP AND WARM-DOWN!

DRINK LOTS OF WATER AND ELECTROLYTES (Lucozade or Nuun tablets)