



CHORLEY ATHLETIC & TRIATHLON CLUB

run : jump : throw : bike : swim : walk : fun



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INTERVAL WORKOUTS

1. Introduction

An interval training workout involves alternating periods of high-intensity effort with periods of low-intensity effort, which is called the recovery. For runners, this would typically involve interspersing bouts of fast running with slower running.

The recovery phase is a really important part of interval training. The stop-start pattern trains your body to recover quickly between bursts of faster running, which over time will gradually increase your ability to run faster for longer.

The benefits of interval training include:

- Burn more calories.
- Improve speed.
- Improve endurance.
- Reduce the risk of injury.

2. Types of Interval Training

Whether you're gearing up for your next race or just interval training running for weight loss, the options are endless. Using the standard work/rest principle, there are a number of different interval variations you can try on the track or treadmill. Play around with distance, repetition, and duration to keep your interval running fun and stave off boredom.

These are a few common styles of intervals that runners use:

- **Ladder or Pyramid workouts** are comprised of a series of increasing and/or decreasing intervals separated by periods of recovery. A sample workout might include running 400 meters (one time around a typical track), 800 meters, 1,200 meters, 800 meters, and 400 meters -- with each repetition separated by a 1-minute recovery jog.
- **Ins-and-Outs workouts** are comprised of hard efforts for a set period of time, followed by job recovery to return to base, then repeat.
- **Cut-downs workouts** comprise of doing several longer repeats to create fatigue, then the runner performs shorter, faster reps to develop the ability to run hard when tired.



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3. Sessions

Session 1 - For Marathon Running

- Warm-up by jogging a mile.
- Jog for 0:30 at a light pace.
- Run for 0:20 at a training pace.
- Sprint for 0:10 at a fast pace.
- Jog for 2:00.
- Repeat intervals for 2 or 3 sets.
- Cooldown jog and stretch.

Session 2 - For 5k to 10 Running, Pyramids

- Warm-up by jogging a mile.
- From a base, 30-sec effort and jog back.
- 60-sec effort and jog back.
- 90-sec effort and jog back.
- 60-sec effort and jog back.
- 30-sec effort and jog back.
- Rest for 2 or 3 minutes.
- Then Repeat set 2 or 3 times.
- Cooldown jog and stretch.

Session 3 - For 5k to 10 Running, Ins and Outs

- Warm-up for 10 minutes at an easy jog.
- Run at interval pace (a step up from your usual pace) for one minute.
- Jog for a two-minute recovery interval.
- Repeat four times.
- Cooldown jog and stretch.

Session 4 - For 5K to Marathon, 1-mile cut downs

- Warm-up for 10 minutes at an easy jog.
- Run 1600m or 7:00 to 10mins, plus jog recovery.
- Run 1200m or 5:50 to 7:30mins, plus jog recovery.
- Run 800m or 3:00 to 5mins, plus jog recovery.
- Run 400m or 1:30 to 2:30mins, plus jog recovery.
- Run 200m or 45 to 1:15s.
- Cooldown jog and stretch.