



Interval Sessions

Session Examples



| Session Overview | Adaptation for Road |
|---|--|
| <p>Beat the Clock</p> <p>Run for a set period of time, recover in situ then turnaround to run in the opposite direction with the aim of getting back to where you started. Recovery is half the effort time and athletes' recover in the same place they finished their effort.</p> <p>Effort time is 5mins, 4 mins x 2, 3mins x2, 2mins x 2, 1min x2.</p> <p>Total of 30-minute effort time with 14 (ish) minute recovery time.</p> | <p>Steady 15-minute group warm up to a straight road– regroup.</p> <p>7 minutes on the clock and see what distance runners can cover. 3-minute recovery and then turn back and try and get back to your starting point within the 7-minute time frame.</p> <p>Repeat for 5-minute effort time (2- minute recovery)</p> <p>Repeat 3-minute effort time (90 second recovery).</p> <p>Repeat 1-minute effort time (30 seconds recovery).</p> <p>Cool down jog back to the club.</p> <p>Total of 32-minutes quality running.</p> |
| <p>Fartlek</p> <p>Effort times vary between 1 minute and 3 minutes. Runners are unaware of how long each effort is so it's a bit of a lottery and keeps them on their toes. Recovery is a jog/walk.</p> | <p>Ahead of the session plan the route and pinpoint several noticeable landmarks e.g. pub, park, sign, community hall – we are going to use these in our session.</p> <p>Steady 15-minute group warm up. Regroup and highlight the first landmark to the group. Runners are going to increase the pace to the landmark. When the front runners reach the landmark they loop back to the tail runners to ensure everyone reaches the landmark around the same time making the session fully inclusive for all abilities.</p> |

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| <p>Pyramid</p> <p>Start with a 30 second effort and increase the effort time by 30 seconds until you reach 4 minutes.</p> <p>Recovery time is half the effort time and should be active i.e. run or walk in the opposite direction to the efforts.</p> | <p>Hill session</p> <p>We start the pyramid at 30 seconds and increase every effort by 30 seconds until we reach 4 minutes. The recovery is a jog back to the start and the aim to keep everyone moving.</p> <p>You may find that runners start the session hard and find the longer efforts tough going. This session can lull you into thinking it's an easy one, especially starting with short efforts at the start but don't be fooled. This one is all about pace judgement....go off to hard at the start and your 4-minute effort can feel like 4 hours!</p> |
| <p>Intervals (Dusty Bin Session)</p> <p>3 x 3-minute effort (90 second recovery) 3 x 2-minute (1minute recovery) 3 x 1-minute (30 seconds recovery)</p> | <p>3 x 3-minute (90 second recovery), 3 x 2-minute (1minute recovery), 3 x 1-minute (30 seconds recovery)</p> <p>All recovery time should be active and front runners should loop back to re-group before the start of the next effort.</p> |

Session Examples



Session Overview

Adaptations for Road

Interval Pyramid

- X1 5-minute (3-minute recovery)
- X1 4-minute effort (2-minute recovery)
- X1 3-minute effort (90 seconds recovery)
- X1 2-minute effort (1-minute recovery)
- X1 1-minute effort (30-seconds recovery)

As the effort time decreases, the pace increases! Active recovery between efforts.

An alternative is to switch the session on its head and do in inverted pyramid starting with a 1-minute effort time.

Steady 15 minute warm up to a straight road or 10-minute circuit.

After the first effort the front runners turnaround and join the tail runners to regroup. Recovery should be active i.e. walk or a jog.

Once group is together and recovery time is over start next effort.

15-minute effort time. If the group is feeling strong or you want a longer session go back up the pyramid finishing with 5 minutes.

Interval – short and snappy

12 x 2-minute efforts with 1-minute recovery. This might not sound like a tough session but trust us, done right, you will be ready for a beer or two after the 12th rep. We are looking for a consistent strong pace across all the reps with an active recovery.

Similar structure to above, good steady 15 minute warm up. After the first effort the front runners turnaround and jog back to regroup.

This session is ideal on a circular route and helps runners to weave in some quality work into a longer club run.