

### **4x 4min out 4min back (Lockdown version)**

**Session:** Long “tempo” intervals

**You will need:** Appropriate clothing, Stopwatch capable of timing your intervals (i.e. so you know when to turn around!)

**Location:** An appropriate flat(ish) area where you can either use a circuit, or you could use the perimeter of a park or similar. Typically we use Bedquits for these intervals (see below for an example), so somewhere similar would work best. This can quite easily be done on rolling terrain and on grass is usually quite good.



**Session plan:** The aim of this session is speed endurance

- Warm up run of at least 5-10mins.
- Do a few strides
- Starting and finishing from a marked starting point, run a clearly defined route that you can follow easily (the perimeter of fields is always good for this).
- Run for 4mins along this route at “tempo” pace (this would be the effort you put into a 10km race or a race lasting between about 45mins and an hour), then after 4mins, turn around and run back to the start. No cutting of corners!
- You should aim to be back at the start in 8mins, but you can allow yourself 10s or so either way. If you arrive significantly before (say 20-30s), you’ve gone too easy (probably on the way out) and if you arrive significantly after (20-30s) you’ve gone too hard. Adjust for the next intervals.
- Recovery time is 2mins – jog gently and keep moving.
- Repeat this 3 more times.
- After the last interval, do 5-10mins gentle jog cool-down. And stretching as appropriate.