

6x4mins (lockdown version)

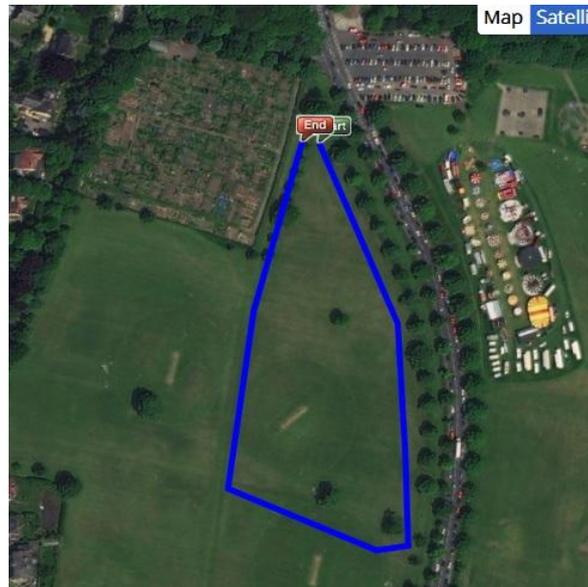
Session: 6x4mins intervals. Focus on speed and speed endurance.

You will need: A stopwatch capable of accurately timing 4/2mins, appropriate clothing, headtorch if dark.

Location: An appropriate flat(ish) area that you can run some kind of circuit. Ideally, you pick somewhere that takes about 4mins to run round, but if you can't find anywhere big enough, you can do multiple laps. Make sure it's somewhere where you can pick an obvious route (i.e. round the edge of a field or similar), so that you repeat the same loop for each lap. This is so that you can measure each effort (you should get to the same place on each effort). Here I use Roundhay Park as an example.

Session plan: The aim of the session is to (a) build speed and (b) speed endurance.

- Steady warm up for 5-10mins. Followed by drills and strides as required.
- Set up your chosen course – make sure you can keep to it on each effort. An example is shown below.



- You will run for 4mins hard (interval effort – i.e. you should not be able to speak more than a brief couple of words when doing them) then stop.
- After the interval, recover by light jogging for 2mins.
- Repeat the interval (4mins) a further 5 times. Make sure you start each interval from the same place. Each time, you will run for 4mins and your target is to get to the same place as you did at the end of the first interval on each repetition.
- After each interval, take a 2min recovery jog, making sure you return to the same starting point.
- In between reps 3 & 4, take a slow jog for 5mins.
- After the last rep, collect all cones in and do a 5min jog to cool down. Followed by stretching as required.