

Intervals Pyramid (lockdown version)

Session: A pyramid of intervals to develop speed endurance, over a range of interval distances.

You will need: Appropriate clothing, including a high-vis top if doing these on the road and a watch to time the intervals.

Location: An appropriate flat(ish) area – you could do this as a circuit, or as part of a longer run. Ideally you don't want anything too hilly as the focus is not on strength, but speed endurance. Something like a flatish part of roundhay park or Bedquits would work well.

Session Plan: The aim of this session is to develop running speed and build running economy.

- You will run a 'pyramid' of intervals based on time: 1min, 2min, 3min, 4min, 5min, 5min, 4min, 3min, 2min, 1min.
- On each of the efforts, the recovery time will be half that of the previous interval (i.e. 30s for the 1min interval, 90s for the 3min interval etc).
- Warm up run of 5-10mins.
- Run at interval effort (i.e. hard so that it is hard to speak more than a sentence) for 1min.
- Jog for 30s
- Then run at interval effort for 2mins
- Jog for 60s
- Carry on as per the pyramid described above up to a 5min interval. Then repeat the 5min interval and decrease back down.
- Cool down jog of at least 5-10mins. Followed by stretching as required.