

16x90s intervals (lockdown version)

Session: Short intervals of 16x90s for speed endurance.

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 Bedquilts would work well.

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

- Warm up for about 10mins
- Do some 'strides' (say 4-6)
- Do an interval (hard effort) of 90s
- Do a recovery jog for 45s (i.e. half time)
- Repeat for 15 further (i.e. a total of 16) efforts.
- Cool down jog of at least 5-10mins. Followed by stretching as required.