

Interval run block

To get accurate running zones it's good to do a 5k run test and work out your zones with the calculator below. Don't worry if you don't have a fancy watch, you can use heart rate too

<https://runsmartproject.com/calculator/>

WU

10 min easy run

5 x 1min as 30s build to max, 30s jog

MS

5k run on flat surface as fast as you can.

CD

10min jog

stretch

Once you put your results into the calculator you will get training zones:

E pace – endurance/recovery – build aerobic capacity

M pace – marathon – race pace for those doing marathon and alternative to easy running

T pace – threshold/tempo – build endurance

I pace – interval – VO₂max, improves how efficient we use oxygen and limit fatigue

R pace – repetition – improve speed and economy

Below is a progression of interval session working on threshold and interval pace. Please only do these if you have **no injuries**, only do **one of these sessions** a week with one or two E paced runs. Start each session with a good warm up as suggested below:

Warm up

10 -15 min easy run

5 x 1.5min as 30s build to max, 60s jog

Interval sessions: these are progressive so start at number 1

1: 4 x (2min rep pace + 1min rest, 4 min T pace + 2min rest)

2: 4 x 5min @ T pace + 2min rest

3: 4 x 6min @ T pace + 2.5min rest

4: 3 x (5min T pace + 1min rest, 2min I pace + 2min rest)

5: 2 x 8 min T pace + 2 min jog then 4 x 2min I pace + 1min jog

6: 2 min I pace + 2min, 4min T pace + 2min, 8 min M pace + 2min, 4min T pace + 2min, 2 min I pace + 2min

7: 3 x 10 min @ T pace, 3 min rest

8: 2 x 15 @ T pace, 6 min rest