

## **Interval Training**

### **What is interval training?**

- Intervals of **faster** running followed by a recovery period.
- Long intervals carried out on the road usually have a slow jog recovery.

### **Why use interval training?**

- To adapt your body to running faster than you can in a steady paced running session over a similar distance.
- To develop a good running style.
- To improve race times.

### **What interval training is not**

- Interval training is not racing.
- Long interval training is not sprint training.

### **When not to run intervals**

- You should be comfortable running the entire distance at a steady pace before considering doing interval training.
- Do not attempt an interval session if you are unwell, overly tired, or have any minor running injuries.

### **Shorter distances (Middle/Long distance track races)**

- Training to race on the track requires a different approach. The club has very few track athletes and most sessions are not geared towards this sort of racing.

### **You are not a full time athlete preparing for the Olympic Games**

Elite athletes in their build up to important races will make interval sessions very hard. They do this by either running the intervals very fast, or by having a short recovery time (e.g. half to one third the interval time). For most club runners there is never any need to carry out sessions such as this. If you do thrash yourself to the limit every session there are three almost inevitable consequences. Firstly, you will be excessively tired the following day. Secondly, after several weeks you are likely to get injured. Thirdly, and most importantly, you won't enjoy your training. One of the main purposes of interval sessions is to give variety to your training so that you don't get bored doing the same thing week in week out.

## **Steady Pace Intervals**

There are many types of interval sessions but Steady Pace Intervals are the basic building block.

### **Aim**

- To run a fixed number of intervals
- Each interval should be run in the same time. (Use a stopwatch.)

### **Recovery**

- Each interval is followed by a jog/walk recovery.
- The recovery must be sufficient such that the next interval is completed in a similar time.
- If you are not sufficiently recovered, take a longer recovery time rather than run a slower interval.

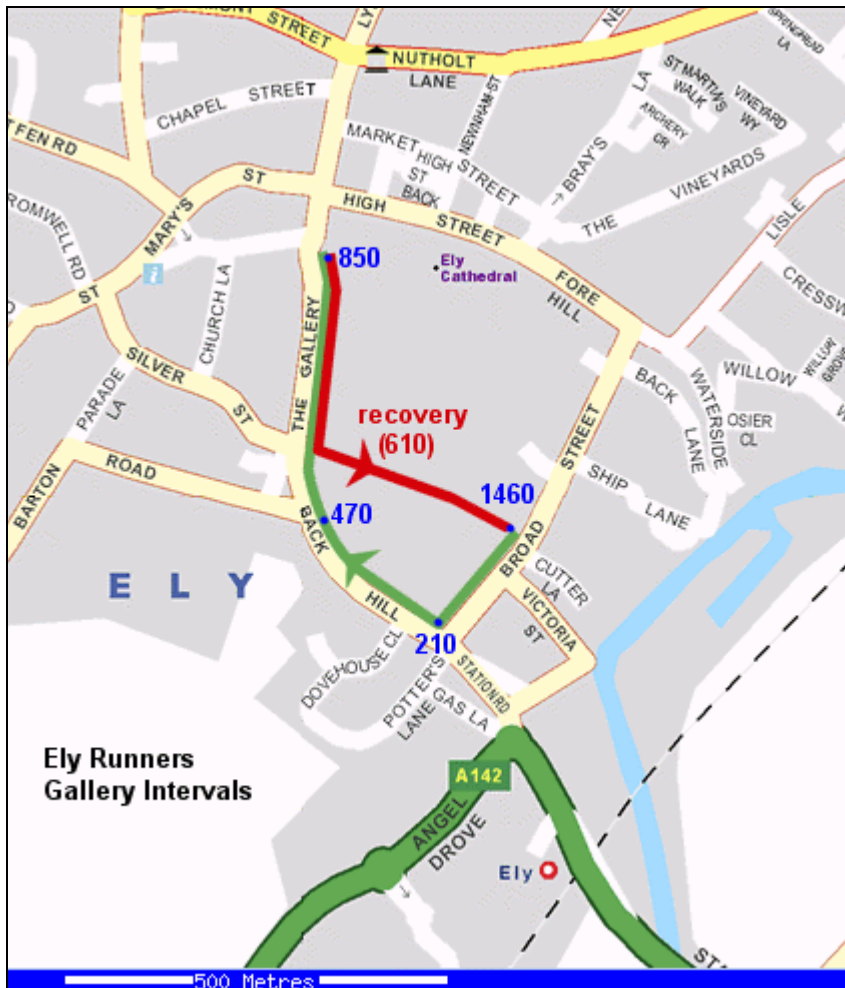
### **Tips**

- At the end of the session you should not need picking up off the floor! If you have judged the effort correctly you should have worked hard, but you should feel that you have just enough energy left to complete one more interval if you really had to.
- If you have not run many intervals before always start off conservatively. Learn how to pace yourself first of all, then gradually increase this pace in future sessions.
- If you do go too fast early on, don't force yourself to keep going. Skip an interval to give yourself time to recover, or stop completely and then have a jog to warm down.
- Older runners take longer to "get going" so the interval times may get shorter as the session progresses.

## Gallery Interval Session.

### Fixed distance intervals

This is a medium length interval session suited for those training for 10K to marathon distance.



(Distances are approximate.)

Description:	Loop, includes a hill.
Surface:	Pavement/Footpaths
Season:	Winter (less people on paths, adequate street lighting.)
Total distance:	1.46 km (0.91 M)
Interval distance:	850m, including a hill of 260m
Recovery distance:	610m (partly downhill)

Course: Start on Broad Street by the entrance to the park.  
Run towards Back Hill.  
Run up Back Hill and turn right at the top along the Gallery.  
Continue along the path to the lamppost just passed the Cathedral.  
Recovery jog back to the start via the footpath through the Park.

**Experienced Runners**

Target of 6, 5 or 4 Steady Pace Intervals.

[6 laps = 5.5Miles, 5 laps = 4.6M, 4 laps = 3.7M]

The recovery section will take about the same time as the interval.

The recovery section is run as part of the warm up from the Paradise Centre. The last interval finishes at the Cathedral. Wait for the last runner to finish and then jog back to the Paradise Centre.

**Beginners**

An alternative is to use the shorter inner loop (560m interval, 330m recovery downhill.)

**Complete Beginners**

Don't do an interval session. Jog the small inner loop 3 or 4 times. Walk up the hill.

**Recovering from race, a bit tired, injured, etc**

Jog round at a steadier pace, and/or complete fewer intervals.

**Notes**

This is a loop course. Provided there are sufficient numbers it is suitable for working as groups. Split into groups according to target pace. Work as a group to help with pacing and motivation and to avoid people running on their own for half the session (not very social!). If group members are sufficiently close in pace, take it in turns to lead/follow for each interval. Regroup at the end of each interval, by the Cathedral, via slow jogging/walking so that each group starts the next interval together. Allow sufficient recovery time for the slowest group member to recover.

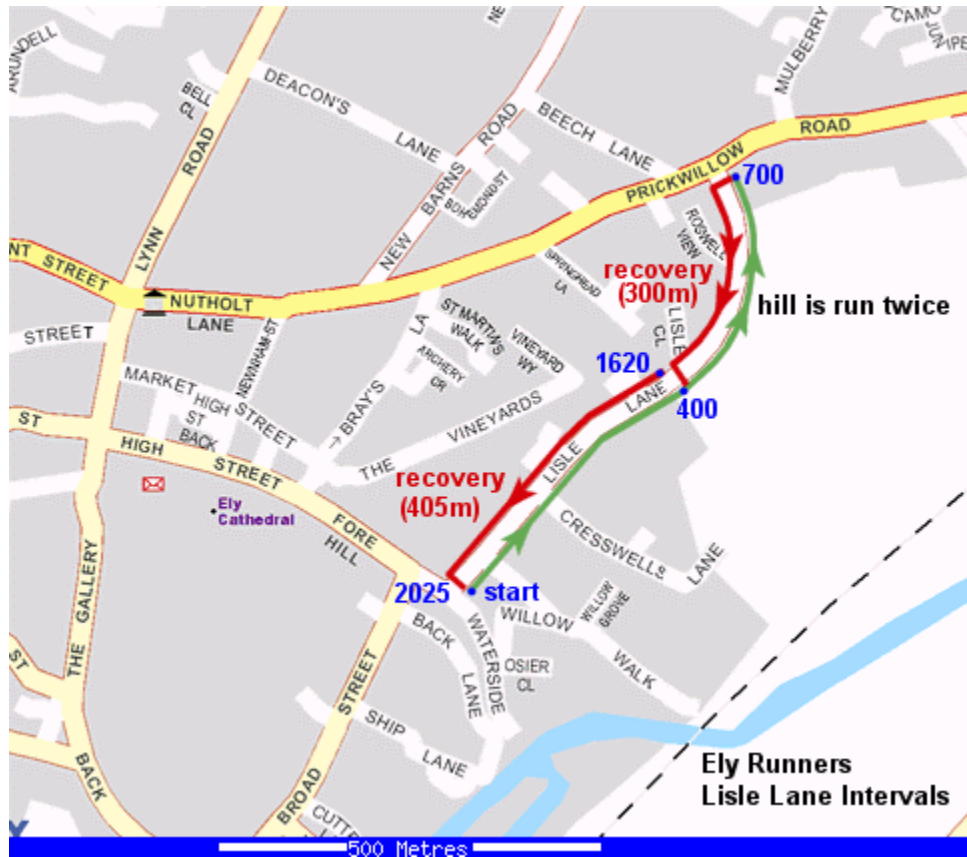
**Safety**

There aren't any lights through the park but the path is quite good now that it has been resurfaced. Just make sure you slow down enough so that you don't run into pedestrians and people walking their dogs. The only place you need to watch for cars crossing when running fast is at the Porta entrance to the Park on the Gallery.

## Lisle Lane Interval Session.

### Fixed distance intervals

This is a long interval session suited for those training for 10K to marathon distance.



(Distances are approximate.)

Description:	Out and back, includes a hill.
Surface:	Pavement/Road
Season:	Any
Total distance:	2.03 km (1.26 M)
Interval distance:	700m + 300m (including 2 x 300m up hill)
Recovery distance:	2 x 300m downhill, 405m flat.

Course: Jog from the top of Lisle Lane down to Waterside as part of the warmup.

The first Interval starts at the Waterside end of Lisle Lane.  
Run up Lisle Lane on the right hand pavement.  
At Springhead Lane the path runs out and the hill begins.  
Continue running on the right hand side of the road to the top of the hill.  
Cross over at the top and jog back down the hill to recover.  
By Springhead Lane (by the barrier/bollards) cross the road again and repeat the hill section.. (Effort going up, recovery jog down.)  
When you reach the bottom of the hill for the second time continue at recovery jog pace to the bottom end of Lisle Lane.

On the last interval, after the second hill repeat, finish at the top of Lisle Lane.

**Experienced Runners**

Target of 5 or 4 Steady Pace Intervals.

[5 laps = 10.1 km / 6.3 Miles, 4 laps = 8.1 km / 5.0 Miles]

The session normally ends at the top of the hill.

Wait for the last runner and then jog back to the Paradise Centre.

**Beginners**

Run the hill once only.

**Complete Beginners**

Alternate run / walk sections on the flat part of Lisle Lane.

**Recovering from race, a bit tired, injured, etc**

Jog round at a steadier pace, and/or complete fewer intervals.

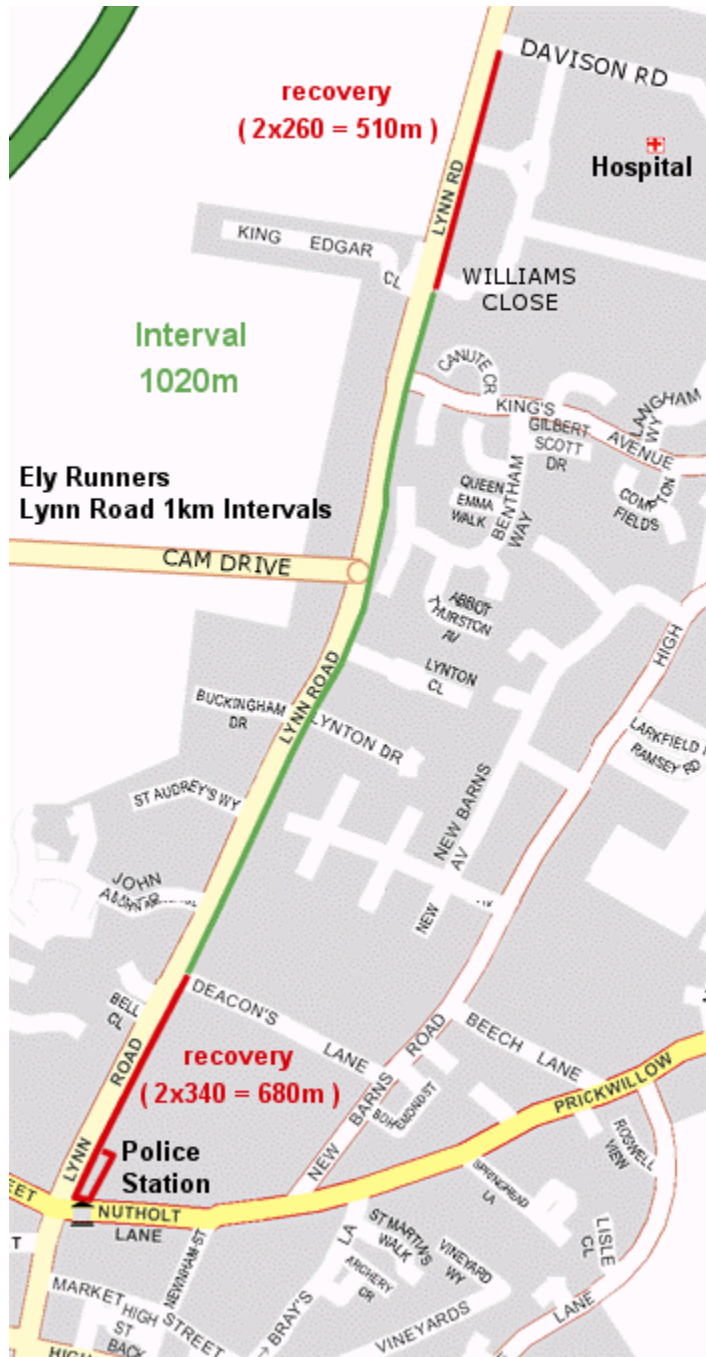
**Safety**

There is usually quite a bit of traffic on Lisle Lane. Take care when crossing at the top by the min-roundabout and at the bottom where cars come round the bend from Fore Hill rather fast. The street lighting is good but take care when running up the hill on the road. There is a wide grass verge to jump on if you think a car hasn't seen you. Make sure to wear something reflective and a light coloured top.

## Lynn Road 1km Interval Session

### Fixed distance intervals

This is a long interval session suited for those training for 10K to marathon distance.



(Distances are approximate.)

Description: Out and back, flat.  
Surface: Pavement  
Season: Any  
Total distance: 1.62 km (1.0 Miles)  
Interval distance: 1020m  
Recovery distance: 510m and 680m

Course: Jog from the Police Station to Deacon's Lane as part of the warmup.

The first Interval starts at Deacon's Lane.  
Run up Lynn Road on the right hand pavement .  
Stop after 1km at Williams Close.  
Jog to Davison Rd and turn round at the Davison Rd Sign.  
Jog back to Wiliams Close to complete the recovery section.

Repeat the Interval in the opposite direction.  
Jog from Deacon's Lane to the crossroads, returning by the loop path next to the Police Station.

The last interval finishes at the Police Station.

Safety: There are several junctions to cross and there are usually lots of cars. If in doubt, slow down and look. Don't assume the runner just in front of you has checked for cars!

### **Experienced Runners**

Target of 6 x 1km Steady Pace Intervals.

[6 laps = 9.72 km / 6.0 Miles ]

The session finishes at the Police Station. Wait for the last runner and then jog back to the Paradise Centre.

### **Beginners**

Target of 4 x 1km Steady Pace Intervals.

[4 laps = 6.48 km / 4.0 Miles]

### **Complete Beginners**

Alternate run / walk sections.

### **Recovering from race, a bit tired, injured, etc**

Jog round at a steadier pace, and/or complete fewer intervals.

The course is very flat so you can get a good idea of your running pace if you time the intervals.

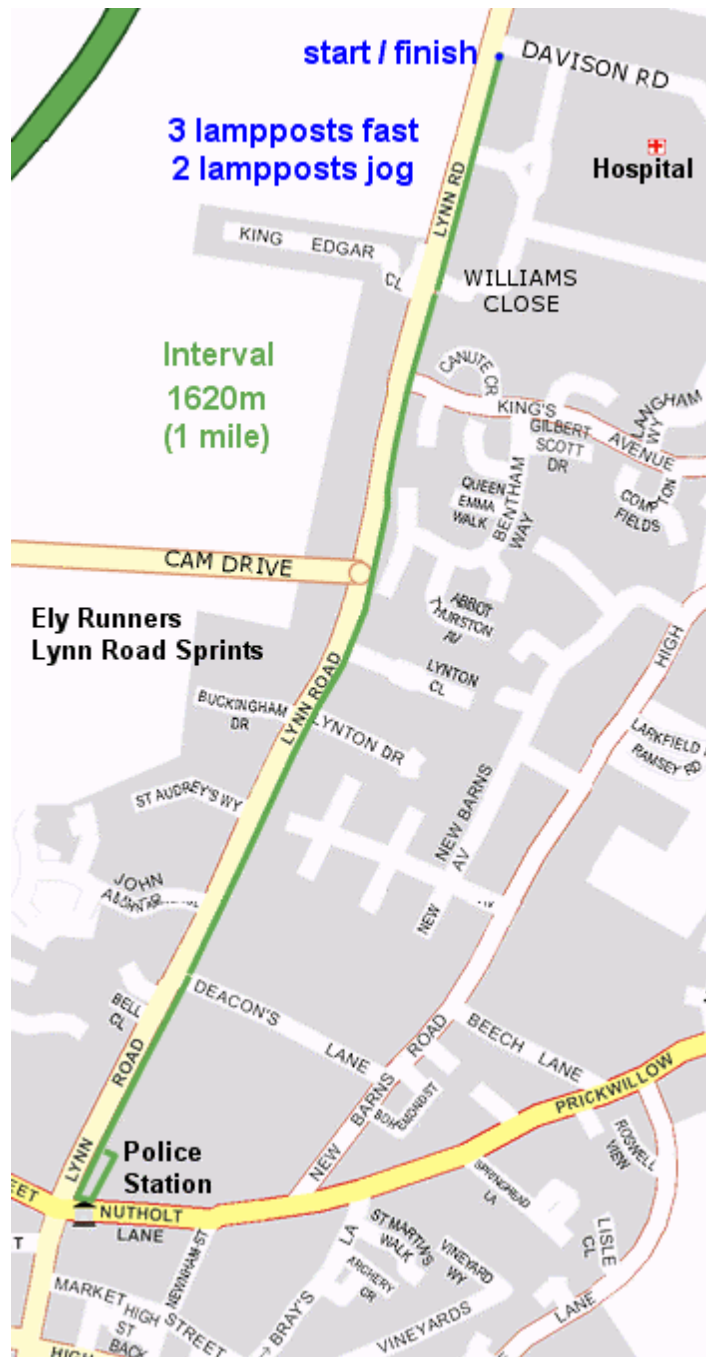
<b>Pace</b> min/mile	<b>Interval target</b> min:sec
5	3:10
5:15	3:20
5:30	3:29
6	3:48
6:30	4:07
7	4:26
7:30	4:45
8	5:04
9	5:42
10	6:20



## Lynn Road - Short Intervals

Variable distance intervals.

Suitable for those training for any race distance.



(Distances are approximate.)

Description: Out and back, flat.  
Surface: Pavement  
Season: Any  
Total distance: 1.62 km (1.0 Miles)  
Interval distance: 3 lampposts  
Recovery distance: 2 lampposts

Course: Jog from the Police Station to Davison Road (the hospital turning) as part of the warmup.

The session starts from Davison Rd.  
Run back along Lynn Road.  
Alternate fast and recovery sections.  
Use the lampposts as guides.  
Run three lamppost gaps fast, then 2 gaps as recovery.  
(Ignore the 3 lampposts close together by the Cam Drive roundabout.)

Reverse direction at the Police Station.  
Repeat the Interval in the opposite direction.  
Turn round at the Davison Rd Sign.

The last interval finishes at Davison Rd.

Safety: It is a good idea to modify the rough "3 and 2" distances such that the recovery sections coincide with the road junctions. This is much safer than trying to sprint across the road junctions during a fast section.

The session finishes at Davison Rd. Wait for the last runner and then jog back to the Paradise Centre.

### **Experienced Runners**

Target of 4 x 1 Mile

Use the first lap to gradually get up to speed on the sprint sections. The fast sections should be very fast, and the slow sections should be very slow.

[4 laps = 4.0 Miles, plus 1 mile warm-up, 1 mile warm-down.]

### **Beginners**

Target of 2 x 1 Mile

[2 laps = 2.0 Miles, plus 1 mile warm-up, 1 mile warm-down.]

Don't be tempted to "sprint" these sessions straight away or you are likely to damage your muscles.

Gradually increase your speed each time you do these sessions and concentrate on running with good style.

### **Complete Beginners**

Alternate run / walk sections.

### **Recovering from race, a bit tired, injured, etc**

Jog round at a steadier pace, and/or complete fewer intervals.