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Progressive Tempo – Interval Repeats

Session Sport: Running

Period: Build I - III

Session Classification: Tempo

Session Objective: Build aerobic efficiency, pace, and adapt to going fast!

Session Duration: 40 minutes

Warm-Up:

8 minutes at easy pace, increasing to the top of your zone 2 (RPE: 3 to 5 of 10)

- At the end of the warm-up mile, begin the first tempo mile

Main Set:

8 x 2 minutes, with 1 minute easy pace between each interval

- Begin each interval at your zone 3 intensity (RPE: 6 of 10)
- During each interval build through your zone 3 to your zone 4 (RPE: 6-9 of 10)
- At the end of each interval, back down to your warm-up pace for 1 minute
- At the end of your last interval, recover 1 minute, then back into your cool-down pace

Cool-Down:

8 minutes at easy, decreasing zone 2 pace (RPE: 6 - 3 of 10)

Notes:

- Use a timing device to 'lap' each change in effort (Warm-up, each interval repeat, and the cool-down)
- It's highly recommended to use a heart rate monitor to track zone adherence and improvement over time
- **Progressions:** faster pace, increased rate of pace change within each interval, more interval repeats, longer intervals
- **Regressions:** slower pace, decreased rate of pace change within each interval, less interval repeats, shorter intervals