

LONG INTERVAL TRAINING

This consists of running a specified number of distances from 300 to 400 metres in a given time at about 70 - 80% effort level with short walk back recoveries or rest periods of up to 2 minutes.

For this form of training it is best to work on an athletic track where the running surface is good and the distance can be measured accurately, but running around the rugby pitch or a grass park can be used as alternatives.

The intervals work according to a pace dictated by your maximum time over a distance. Therefore, prior to commencing, and at regular intervals during (in order to accommodate adaptation), training, it is important to undertake (and record) your maximal times over these distances.

Option 1.

Distance	400m
Pace	70-75%
Repetitions	9
Sets	3 sets of 3 reps
Recovery between reps	2 mins (walk 100m slowly)
Recovery between sets	4 mins

Option 2.

Distance	300m
Pace	75-80%
Repetitions	10
Sets	2 sets of 5 reps
Recovery between reps	90 secs (walk 100m slowly)
Recovery between sets	3 mins

You can increase the intensity of the session by running more intervals or by reducing the length of the rest interval.

Sets

Recovery between reps

Recovery between sets