10HPE Interval Training Lesson

(Short Interval Recovery Version)

Organisation:- Groups of 4 ie., 6 groups to allow 1:6 work: recovery ratio

Sequence:

1. 10 X 10m sprint (100%) walk back recovery
2. 10 X 20m sprint (90%) jog back recovery
3. 10 X 30m run (80 - 90%) jog back recovery
4. 10 X 40m run (80 - 90%) jog back recovery
5. Break – 5mins recovery, drink
6. 2 X 50m (100%) walk recovery
7. 2 X 100m (100%) walk recovery
8. Static stretching of legs while sitting, if time permits do some Core Strengthening Exercises eg., hold push up position

Ways to increase workload ie., “Progressive Overload”
- increase No. of Reps/ distance run/ running speed OR decrease recovery time

Notes:- ________________________________________________________________
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