



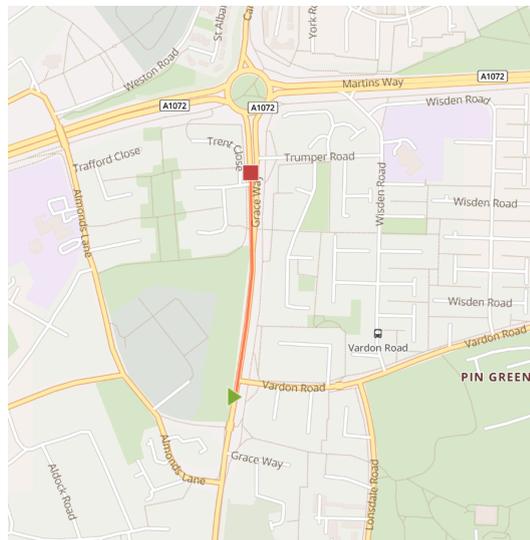
400m intervals

The objective of this session is to work on your running efforts at a lactate threshold (increasing exercise intensity to train at or above your heart rate) or faster and to develop your ability to run faster with a better technique.

This session is open to all abilities who can run continuously for 20 minutes.

For this session we meet at Hampson Park car park and will have a slow jog down to the underpass on Grace Way (where 20:20 starts. Once the runners are warmed up mobilisations are done and the session is explained.

Runners set off with the quickest first from the underpass 400m along Grace Way until you get to the next underpass. After each circuit the runner moves to the side out of other runners' way and takes a recovery of 60/90 seconds which should be a jog/brisk walk.



Runners should be aiming to complete a minimum of 8 x 400m efforts and a maximum of 12 x 400m efforts.

Once all efforts have been completed a slow jog/brisk walk back to the car park where the group will stretch off and cool down.