



AXIS RUN - INTERVAL SESSION - INTERMEDIATE

This is one of my favourite, time effective sessions with the main set taking just 24 mins. Adapted from the Mona Fartlek, created by Steve Moneghetti. Starting with the longest effort of 2 mins, the following decreasing intervals with short recovery allow your legs to settle in to speed gently. I have added a perceived exertion against each effort to help manage your own pace. None of the efforts should be 100%, but rather controlled speed where you can focus on good running form whilst running at pace.

Give it a go. Try running this in a pair or a group and take turns at leading the pace to add a sense of ownership over your efforts and allow you to relax behind a fellow runner on theirs.

Remember to always warm up and cool down effectively, especially in speed sessions, refer to my warm up guide for this.

Main Set

2 minutes run @ 70% effort

2 minutes walk or jog recovery

2 x 90 secs run @ 70% effort (try to maintain your pace that you ran the 2 min interval in)

With 90 secs walk or jog recovery in between efforts

4 x 60 secs run @ 70% effort (try to increase speed slightly from your 90 second efforts)

With 60 seconds walk or jog recovery in between efforts.

4 x 30 secs run @ 90% effort (pick up your cadence for these short efforts)

With 30 seconds walk recovery in between each effort.

4 x 15 seconds run @ 90% effort (short stride to get away and then hold stride for a few more seconds...90% not flat out sprinting)

With 15 seconds walk recovery in between each effort.

Then complete extended cool down and stretch.

Good luck. Send us your thoughts after the workout or feedback to letsmove@axisrdy.co.uk