



At Home Running Sessions

Use this map measuring tool to help determine your interval distances.

<https://www.freemaptools.com/measure-distance.htm>

Don't forget to change the distance from 'miles' to 'meters'.

Warm Up - To be completed prior to each running session

5 minute slow jog
20 seconds of calf pumps
20 seconds of hammy curls
20 seconds of leg swings each side
20m of high knees/20m of butt kicks x 3
2 minutes of own stretches

Cool Down - To be completed at the end of each session

100m cool down walk
30 second hold on each of these stretches:
Calf, hamstring, quad, glute, groin, hip flexor, anywhere else the feels tight

Session 1: Timed Interval Training

2 minute fast run
2 minute recovery walk
x 6
Run as far as you can in 2 minutes. Recovery walk for 2 minutes. Conduct this 6 times.

Session 2: Power Pole Fartlek Training

Slow jog to 1 power pole
Sprint to the next power pole
x 10
Rest 3 minutes
Then repeat the whole process.
This distance between the power poles should be approximately 100m. If there are no power poles on the road then choose another marker such as the reflective markers on the side of the road.

Session 3: Distance Interval Training

400m fast run
2 minutes rest
x 6
Measure out a 400m track. Then run it as fast as you can timing yourself with a watch. Rest in place for 2 minutes. Conduct this 6 times.

Session 4: Timed Fartlek Training

30 second fast run
60 second slow jog
x 10
Rest 3 minutes
Then repeat the whole process. Use a watch and go hard for 30 seconds then slow jog for 60 seconds. This process can be done around a block or on a straight road.