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Beginner lessons for Interval Running

Boost Your Running with Interval Training!

DEFINITION

> Interval running involves alternating between high-intensity sprints and low-intensity recovery periods. It's an effective way to improve speed and endurance.

KEY CONCEPTS

Warm-Up

Always start with a warm-up to prepare your muscles and prevent injuries.

Sprint Intervals

These are short bursts of high-speed running, typically lasting 20-60 seconds.

Recovery Periods

Follow sprints with slower jogging or walking to allow your body to recover.

Duration and Frequency

Begin with shorter intervals and gradually increase duration and frequency as you improve.

Cool Down

End your session with a cool down to help your heart rate return to normal.

EXAMPLES

→ Run 30 seconds fast, then walk for 1 minute, repeat for 20 minutes.

→ Sprint for 45 seconds, jog for 2 minutes, do this 5 times.

→ Alternate 1 minute of fast running with 2 minutes of slow jogging.

MEMORY TIPS

★ Think 'Sprint, Rest, Repeat' to remember the cycle.

★ Use the acronym 'W-S-R-C' for Warm-up, Sprint, Recovery, Cool down.

★ Visualize a traffic light: Green for sprinting, Yellow for recovery, Red for cool down.

COMMON MISTAKES

✗ Skipping the warm-up and cool down.

✗ Not allowing enough recovery time between sprints.

✗ Starting with intervals that are too long or too intense.

QUICK RECAP

Interval running alternates between sprints and recovery, enhancing speed and endurance. Remember to warm up, cool down, and gradually increase your intensity for best results.