



Tri4Fitness.net

What are you trying to do for fitness?

## Interval Training on the Track Made Easy

Interval training is a great way to increase the intensity of your cardio workouts. While often termed “speed work,” interval training is a great tool to improve your cardiovascular ability and running times.

Interval training can be very specific and include figuring out your race pace. Then begin working on intervals of a smaller distance at a specific pace that is faster than race pace – but this takes a little bit of work. Improvements can still be seen by some less formal forms of interval training as well.

One method would be to sprint 100 meters, then walk back 50 meters and repeat after you have thoroughly warmed up by using a dynamic warm-up. A dynamic warm-up includes slowly warming the muscles up by stretching them through motion.

Once finished with the warm-up, sprint 100 meters at a pace faster than your normal pace. Next recover by walking back towards your start 50 meters. After the recover walk, repeat again. If you are on a track, start with just one lap the first time you try this workout – one lap on a 400 meter track would consist of 7 sets of 100 meter sprints.

Week 1 – 1 lap consisting of 7 x 100's

Week 2 – 2 laps consisting of 14 x 100's total

Week 3 – 2 days of 1 lap consisting of 7 x 100's

Week 4 – 2 days of 2 laps consisting of 14 x 100's each day

Continue to progress, but try not to exceed 2 days of interval training per week and be sure to include ample recovery for the body between interval days.

Note – you could also do intervals on a treadmill or any other machine – many now have a interval button that you can toggle between two different speeds.

