

Interval Training

Interval training is the most effective method possible to:

- increase aerobic capacity
- increase anaerobic capacity
 - run will be uncomfortable-makes current pace seem easy
- increase running efficiency
- increase leg strength and power
- increase mental and physical toughness
- increase post-workout calorie expenditure
 - most efficient method to

- Should be performed 1, possibly 2x per week for novice and intermediate runners, maybe 1 run interval & 1 cross-train interval workout (i.e. bike, elliptical) More seasoned runners can do 2 sessions per week, another option is one interval workout on the week of longer Saturday run, and 2 interval workouts on the week of intermediate Saturday run.

- Can be implemented in Late Dec. to early Jan.

- Strength training done in circuit fashion has some of the benefits of interval training.

- Even for the 26.2, interval training will help tremendously. It will make pace seem more comfortable, allowing you to run faster.

- Interval training is highly effective on non-impact cardio pieces as well. These same workouts can be used on: bike, rower, stair climber, elliptical, cross-country, etc.

- For years, it was thought that long, steady running or aerobic activity was the most effective way to increase aerobic fitness. It has now been determined that intervals get you much aerobically fitter than steady training.

- There is not one “best” interval workout. The 2 minute hill/interval seems ideal for Boston. (Beacon Hill) Two minutes is an optimal time, 5 degrees is perfect to enhance running economy, but not change it, and the downhill recovery has very specific training adaptations which are critical for Boston.

- Take a look at the rest of the workouts and vary them as you feel the need.

- These cannot be done everyday. It would eventually cause injury & over-training.