



# The Meadows Interval Training



**Why?** We train because, although we get progressively more tired as we train, we find that in the period (hours / days) after training the body changes (adapts) in such a way as to make it better able to do what we have done in training. Most road runners do all, or most of their training, at a steady pace slower than their race pace. Since the body is already capable of this, it does not need to make any great adaptive response. We find that if we train faster than race pace, the body makes a much greater adaptive response. But obviously we cannot sustain a training run at faster than race pace. If we train very fast we tend to improve our flat out speed. But sprinting uses a limited source of energy which will soon be exhausted. This is different from the source of energy for endurance running, which derives from taking in oxygen to burn the fuel which the body gets from its food.

Interval training aims to run significantly, but **not greatly, faster than race pace**. This will cause fatigue which reaches an intolerable level if sustained. So we take a rest before the tolerance limit is reached, recover, and repeat. This makes above normal demands on the ability of the body to take in, transport, and use oxygen, to release energy. Also on the ability of the body (and mind?) to tolerate oxygen debt. Because of the demands that this form of training makes on the body, the adaptive response exceeds the response to steady running. *Interval training makes us good at maintaining a fast pace even when we are tired.*

**What?** At the Meadows we can choose from a variety of laps of between 220m & 1253m. (See sketch map overleaf.) We run up to 5 fast laps, with a recovery period between. The first run starts at 7.55 pm every Tuesday. Some runners meet at 7.30 to warm-up. Each repeat starts exactly six minutes after the first. e.g. if you run for 2 minutes you have 4 minutes to recover, whereas if you run for 4 minutes you will only get 2 minutes recovery.

**How?** An average experienced 10k runner will choose a lap which will take slightly longer than the recovery time (Say 3.20 run, 2.40 recovery) You should run each lap at **the fastest pace which you can maintain for the whole session**. A newcomer might attempt only 3 x 2½ min reps, with 3½ min recovery. A marathon runner will do longer reps at a slightly slower pace, with a shorter recovery. A 1500m / 5000m runner would do shorter reps at a faster pace, but with a longer recovery. The session is flexible, allowing runners to change to shorter laps, or to miss a lap, if recovery is not sufficient. It is not perfect for everyone, for example an elite marathon runner might want (need?) to do ten long reps in a session, the but most folk can find a quality session to suit their needs and also to benefit from stimulus of sharing their hard work with fellow enthusiasts.

*If you need advice, ask Martin. (01506 412322) martinhyman@clara.co.uk*

# The Meadows Interval Training

(Every Tuesday. 7.55pm start. Warm-up from 7.30)

Lap Lengths	
A	220m
B	448m
C	651m
D	993m
E	1253m

