

9

**HIGH
INTENSITY
INTERVAL
SESSIONS**

**THAT WILL GET YOU
CRAZY FIT (IF THEY
DON'T KILL YOU
FIRST).**

INTERVAL SESSION 1/



Complete as many total meters as possible over the following intervals. As fast as possible on each interval while still maintaining pace:

- 12x 5s work, 60s passive rest.
- 8x 20s work, 80s active running recovery.
- 4x 60s work, 120s active running recovery.
- 1x 600s work.

INTERVAL SESSION 2/



Complete as many total meters as possible over the following intervals. As fast as possible on each interval while still maintaining pace:

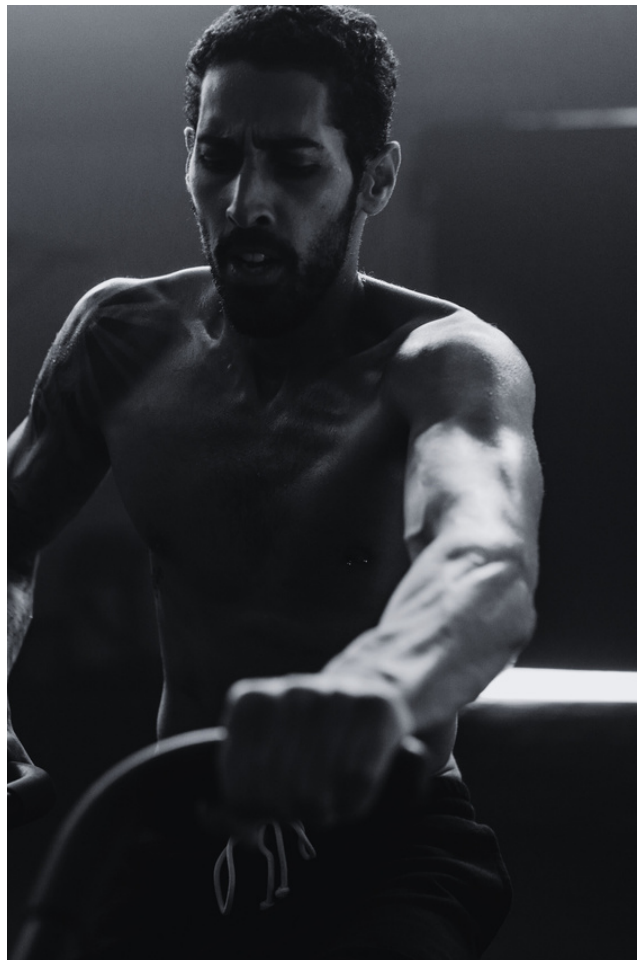
- 9x 5s work, 60s passive rest.
- 6x 10s work, 120s passive rest.
- 3x 15s work, 180s passive rest.

INTERVAL SESSION 3/



Complete six rounds of the following: 5 seconds @ 10/10 effort, 20 seconds @ 8.5 effort, 60s @ 7/10 effort, 60s active recovery, 60s passive recovery.

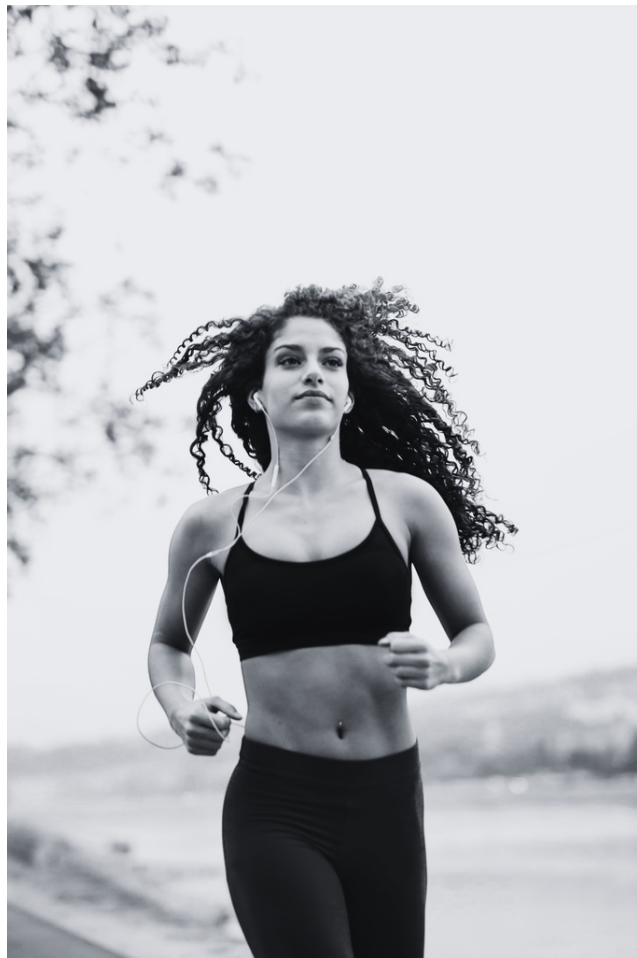
INTERVAL SESSION 4/



Complete as many total meters as possible over the following intervals. As fast as possible on each interval while still maintaining pace:

- 8x 10s work, 120s passive rest.
- 4x 25s work, 100s active running recovery.
- 2x 120s work, 240s active running recovery.
- 1x 600s work.

INTERVAL SESSION 5/



Complete as many total meters as possible over the following intervals. As fast as possible on each interval while still maintaining pace:

- 6x 20s work, 80s active recovery.
- 4x 25s work, 100s active recovery.
- 2x 30s work, 120s active recovery.

INTERVAL SESSION 6/



Complete four rounds of the following: 10 seconds @ 10/10 effort, 25 seconds @ 8.5 effort, 120s @ 7/10 effort, 120s active recovery, 120s passive recovery.

INTERVAL SESSION 7/



Complete as many total meters as possible over the following intervals. As fast as possible on each interval while still maintaining pace: 4x 15s work, 180s passive rest. 3x 30s work, 120s active running recovery. 2x 180s work, 360s active running recovery. 1x 600s work.

INTERVAL SESSION 8/



Complete as many total meters as possible over the following intervals. As fast as possible on each interval while still maintaining pace: 3x 60s work, 120s active recovery. 2x 120s work, 240s active recovery. 1x 180s work.

INTERVAL SESSION 9/



Complete three rounds of the following: 15 seconds @ 10/10 effort, 30 seconds @ 8.5 effort, 180s @ 7/10 effort, 180s active recovery, 180s passive recovery.

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STRONG?
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