

Interval Variation I: Standard

The following is a typical interval workout. You alternate the same period of low intensity with the same period of higher intensity.

1. 3 - 5 minutes warmup (light jog, low intensity, gradually increasing at the end of the warmup period)
2. 1 minute moderate or high intensity followed by 1 minute low intensity (repeat 6 - 8 times)
3. 3 - 5 minutes cooldown (light jog, low intensity, gradually decreasing by the end of the cooldown period)

Interval Variation II: Pyramid

This pyramid structure allows you to start with short bursts of speed, and then you'll peak at the longest surge of energy in the middle of your workout before coming back down.

1. 3 - 5 minutes warmup
2. 30 seconds high intensity, 1 minute low intensity
3. 45 seconds high intensity, 1 minute low intensity
4. 60 seconds high intensity, 1 minute low intensity
5. 90 seconds high intensity, 1 minute low intensity
6. 60 seconds high intensity, 1 minute low intensity
7. 45 seconds high intensity, 1 minute low intensity
8. 30 seconds high intensity
9. 3 - 5 minutes cooldown

Interval Variation III: Sports Conditioning

Sports are unpredictable. This interval simulates unpredictability by having you doing different times and different intensities. You can mix and match the orders and repetitions as much as you want. Rest longer after the periods in which you use the most energy.

1. 3 - 5 minutes warmup
2. 2 minutes moderate or high intensity followed by 2 minutes low intensity (repeat once)
3. 30 seconds high intensity followed by 30 seconds low intensity (repeat four times)
4. 45 second sprints followed by 90 seconds rest (repeat 6 - 10 times)
5. 3 - 5 minutes cooldown