

# the fast feet

## interval workout

Start with a 5-minute warm-up, then begin the work-rest intervals. In round 1, you'll do a 4-minute, 3-minute, 2-minute and 1-minute work interval nearing maximum effort with easy recoveries in between. Then it's 1-minute sprints on varying rest intervals. Recover as best as you can and try to increase your speed with each successive interval.

### easy warm-up

5 minute gradual acceleration to RPE 6

#### round

1

4 minute hard run - RPE 8

1 minute easy walk/jog

3 minute hard run - RPE 8.5

1 minute easy walk/jog

2 minute sprint - RPE 9.5

1 minute easy walk/jog

1 minute sprint - RPE 9.5

1 minute easy walk/jog

#### round

2

4 times through:

1 minute hard sprint - RPE 10

1 minute easy walk/jog

1 minute hard sprint - RPE 10

30 seconds easy walk/jog

### cool down

2 mins easy jog, bring heart rate down to RPE 4

**Total: 35 mins**