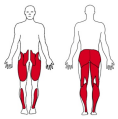
Intervals at moderate intensity, advanced

If you are training a session at moderate intensity, you can either train continuously or break it up into intervals. The duration of a moderate intensity session is typically between 20 and 45 minutes of continuous work, or intervals with slightly longer durations. This corresponds to I-zone 3, or 14-15 on the Borg scale.



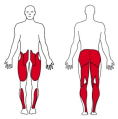


1. Warm-up

#846

While jogging, maintain good posture, engage your core, and gaze forward. Avoid tilting your head down and slumping your shoulders.
Broaden your chest, and keep it lifted as you draw your shoulders down and back. Keep your hands loose, and use a relaxed arm swing.
Duration: 10 min 0 sec



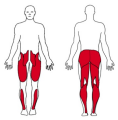


2. 6-10 x 1000m

#846

While jogging, maintain good posture, engage your core, and gaze forward. Avoid tilting your head down and slumping your shoulders.
Broaden your chest, and keep it lifted as you draw your shoulders down and back. Keep your hands loose, and use a relaxed arm swing.
Distance: 1 km, Sets: 6-10 , Pause: 1 min 0 sec, Anstr: 14-15 Borg RPE





3. Cool-down

#846

While jogging, maintain good posture, engage your core, and gaze forward. Avoid tilting your head down and slumping your shoulders.
Broaden your chest, and keep it lifted as you draw your shoulders down and back. Keep your hands loose, and use a relaxed arm swing.
Duration: 10 min 0 sec

Show video