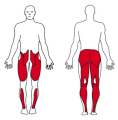
Intervals at high intensity, advanced

Sessions at high intensity should be broken up into intervals so that you can maintain high intensity for a longer total time. High intensity corresponds to I-zone 4 and 5, and should feel like 16 or higher on the Borg scale. You don't need to work all the way to exhaustion, but make sure to maintain a sufficiently high intensity throughout the interval so that you feel the upcoming rest is necessary.





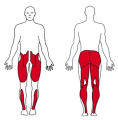
1. Warm-up

#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





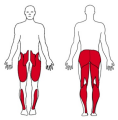
2. Strides

#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: 0,1 km, Reps: 3-4





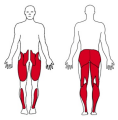
3. 6-8 x 4 min

#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: 4 min 0 sec, Reps: 6-8 , Pause: 1 min 0 sec, Anstr: 16 Borg RPE





4. 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