

High intensity quality training

2 sets of 10 HI runs	
Set 1 (10 reps)	11:40 min
Recovery	2-4 min
Set 2 (10 reps)	11:40 min
Total duration	± 26 min

Walking	W	600 m
Jogging	J	1000 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3000 m
Sprint	S	---
Total distance		4600 m

Set 1:
 Run from goal line to midline at high intensity in 10". Then, jog to the opposite goal line in 20".
 Continue from goal line to the opposite goal line in 20".
 Recovery time of 20", 25", 30" recovery according to level.
 10 reps.

Recovery: 2-4 min according to level.

Set 2:
 Again 10 reps.

High intensity quality training

Set 1	Set 2
HI zone: 8'33"	HI zone: 6'58"
MA zone: 1'	MA zone: 3'44"
Recovery: -54 bpm	Recovery: -46 bpm

All together, 3000 m HI running resulting in 20'15" in HI and Max zones