



PHYSICAL ACTIVITY DAY 3 INTERVAL TRAINING

Today we will focus on stamina and increase your ability to withstand long, tough games. Your body's ability to take up oxygen and use it to fuel the muscles, will help you to keep your focus and a sharp mind. Doing intervals and exercising in low and high intensities will affect your cardiovascular system in the right way, both aerobic and anaerobic.

Preparation:

1. Choose your preferred activity: running, cycling, swimming, spinning, paddling, sweeping etc. Intervals can be done in all kinds of activities.
2. Plan your session by choosing what kind of interval you want to do. If you have a routine or a session you usually use, you can use that. If not, check the next page for inspiration.
3. Remember to warm up good before you start.

Instructions:

1. For this interval session we would like you to focus on your anaerobic threshold during the work intervals, and slow jog or walk in your recovery interval.
2. The total accumulated time of the work intervals should be 16-20 minutes or more. But no longer than 30 mins.
3. As a guideline for intensity, try to stay around 80-90 % of max pulse or speed. If you have a pulse watch, you can easily switch from showing actual pulse to percentage in the settings. If you don't have a pulse watch: listen to your body, you should be short breathered and have a hard time talking at the end of the work intervals, but if you start building to much lactic acid and tens up: try to lower the intensity and keep going.
4. Mind the terrain, the intensity should reflect the workload, not the speed. Meaning: slower uphill, against wind or towards waves to maintain the same intensity. (If you're not doing natural intervals: see the interval list)
5. During the recovery intervals your should try as best you can to keep up a light jog, or at least walk. This helps the body to release any built up lactic acids, and gets you ready for the next interval
6. Bear in mind yesterday's activity: try to focus on your breathing during the recovery intervals to get control of your pulse, meaning lowering it.

Afterwards:

Reflect on how you felt you controlled your intensity: did you start out too slow or too hard? If you used a pulse watch, check the numbers to see if they match how you experienced it. How did the recovery intervals work for you?

Suggestions for intervals

Interval	Instructions	Tips
4x4	Four work intervals of four minutes, try to build up speed/intensity so that you can maintain 80 – 90% of max for the last 2-3 minutes of each interval. Recovery intervals at 2-3 minutes	For this type of interval you can easily add more work intervals, or you can change the time: e.g. 8x2 or 6x3, just remember to adjust the recovery intervals accordingly.
Fartlek	For this interval you decide how to distribute the work and recovery intervals. But try to manage it so that you end up with a good portion of work interval. Then length of the session is up to you, as long as you end up with 16 – 30 mins of work intervals total. Fun-fact: fartlek is a Swedish word, and it translates to speed game.	For many, this is a fun and different interval. If you have a bad day, feel tired or not motivated, this type of interval can help your motivation build during the session.
Natural intervals	For this interval the terrain decides the intervals for you, all you need to do is to choose a course you want to take, and maintain the speed. The ups and downs of the terrain will have an effect on the intensity	For this interval to be as best as possible, you should know your surroundings, but it is a cool way to discover new routes as well but you might get overwhelmed. It's all about choosing the right speed in this one.
Pyramid intervals	For this you gradually increase the work intervals in time, for example: 1 – 2 – 3 – 5 – 3 – 2 – 1, with the recovery intervals being half the time of the last work interval: one minute work interval gives half a minute recovery interval.	This is a good interval to do on a flat or easy surface: track, treadmill, indoor pool. It's mentally challenging because of the long work intervals midway. But you feel a great deal of achievement when you get through.