

INTRO TO INTERVAL TRAINING

AdventHealth Women's Training Team

Interval Training is a great way for walkers and runners to get ready for a 5K!

The method was pioneered by one of our favorite coaches, Olympic Runner Jeff Galloway. Many people find that Interval Training is an easier and more enjoyable way to learn how to go farther or faster, or both!

Interval Training means you alternate periods of "high-intensity" effort — running or fast walking — with "low-intensity" walk breaks for recovery. Since you're only speeding up for short segments at a time, you can do more with less effort than going nonstop. During the walk breaks, your muscles, joints, heart and lungs get a brief rest to recover.

Just to be clear, Interval Training doesn't mean you walk when you're tired — it means you do a scheduled walk interval when you're not. Using our Interval Training Guide, you'll do a planned mix of "fast intervals" followed by "recovery walks" for each training session. Over several weeks — as you get fitter — the fast intervals get longer, and the recovery walks get shorter.



A GYMBOSS Interval Timer is included with your Women's Training Team registration. Your timer (which is just like the one Jeff Galloway uses) is a simple way to keep track of your intervals. Set it for the duration of both your "fast" and your "recovery" segments, and it will beep or vibrate to tell you when to change the pace.

Warning! Doing the fast intervals too fast is the most common mistake. Instead of speed, focus on how you feel. Do your fast segments at what is best described as a "comfortable pace." At this speed, you should be slightly out of breath, but still be able to complete the interval with energy to spare. If this was a scale of 1-10, you should be hitting about 5-6.

For the walking breaks, remember these are active recovery periods. While you slow down and catch your breath, you should not go so slowly that your heart and breathing rates return completely to normal. Walk briskly and with purpose during the recovery intervals.

Remember to start and finish each training session with a warm up and cool down. Warm up with our video or a 3-5-minute walk at a moderate pace. Cool down afterwards with a 3-5 minute walk a little slower than your moderate pace, and stretch out your legs.

Interval Training has big benefits! Physically, you build endurance with less stress on your body and a lower risk of injury. You can exercise longer without tiring, which helps with weight management. Best of all, when you break up training into short, manageable segments, it's less daunting and more doable — so you're more likely to stick with it!

WOMEN'S TRAINING TEAM INTERVAL TRAINING SCHEDULE

Follow this simple step-by-step guide from KC Express and AdventHealth to help you prepare for the MD5K!

WEEK	WORKOUT DAYS	WORKOUT DURATION	INTERVAL
1	3 days a week	15-20 minutes	30-SECOND intervals of walking fast or running followed by 1 MINUTE of walking at a moderate pace
2	4 days a week	20-25 minutes	45-SECOND intervals of walking fast or running followed by 45 SECONDS of walking at a moderate pace
3	4 days a week	20-25 minutes	60-SECOND intervals of walking fast or running followed by 45 SECONDS of walking at a moderate pace
4	4 days a week	25-30 minutes	90-SECOND intervals of walking fast or running followed by 60 SECONDS of walking at a moderate pace
5	4 or 5 days a week	25-30 minutes	2-MINUTE intervals of walking fast or running followed by 30 SECONDS of walking at a moderate pace
6 Race Week!	3 days a week	30-35 minutes	2 TO 5 MINUTE intervals of walking fast or running followed by walking at a moderate pace AS LONG AS YOU NEED


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