

800m VO₂ MAX Intervals – Recovery Jog 400m

Explanation of Workout

- Build aerobic power (maximum amount of oxygen that can be removed from the blood by the working muscles)
- Performed at present day VO₂ Max pace (date pace)
- Rest between workloads must be carefully regulated (1:1 ratio of work to rest)
- Maintain a 2-2 breathing pattern throughout workout
- Maximum training effect will be realized during the second half of the workout

How many 400m Intervals should I do?

If your weekly mileage is

20 miles/week or less → 3

25-35 miles/week → 4

40-45 miles/week → 6

50+ miles/week → 8