

## **Interval Pyramid : 400's, 600's, 800's**

**Recovery:** 400's → Jog 200m  
600's → Jog 300m  
800's → Jog 400m

OR → Recover for as long (time) as it took you to run the previous interval. For example: if you are running your 400's in 1:30, do a combination of jog/walk for 200m that takes 1:30.

## **How many should you run?**

If your weekly mileage is.....

25 miles/week or less: (400, 600, 800, 800, 600, 400)

30-50 miles/week: (400, 600, 600, 800, 800, 600, 600, 400)

50+ miles/week: (400, 600, 800, 800, 600, 400) **X2**

If you are racing this weekend: (400, 600, 800, 800, 600, 400)