



KS1



## Interval training

Train like a professional cyclist. Not all training is done on a bike. Increasing fitness can be done in different ways. Interval training is great because helps increase stamina and endurance while competing.

You will need:

- Outdoor space
- A timer

The 5-10-15 method was developed by Danish researchers at the Centre for Team Games and Health, University of Copenhagen and tested in over 60 Danish schools.

### Warm up

Before you start, make sure you have warmed up sufficiently to ensure your muscles are ready for the main work out.

The training consists of **repetitions** which are:

**15 seconds** - Walking or very slow running (jogging)



**10 seconds** - Running in a moderate or fast tempo



**5 seconds** - Fast running or sprint



Every 15-10-5 part is repeated 4 times. This is called a **set**. That is four repetitions without rest or pause. Each set lasts 2 minutes.

Between each set, there is a 1 minute rest.

You can repeat the set 3 times: 2 + 1 + 2 + 1 + 2 + 1 minutes = 9 minutes in total.

**Repetitions** (15-10-5) initially

**Sets** (4 rep.): 3 (or more)

**Pause:** 1 minute between sets.

**Duration:** Approx. 20 min. workout, including a 10 min. warm-up.