



KS4



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.