

Interval trainings:

The different levels of intensity are very important for interval training. It's crucial that you notice a very clear difference in speed. The paces may be quite high depending on how long they are, but the breaks should be really calm. Otherwise your body will not recover well during those breaks, which causes a negative training effect.

Training 1: 10x2 minutes

A relatively easy workout that takes little time is an interval training of **10x2 minutes running, with 1 minute of quiet dribbling in between**. Try to achieve a pace that you can keep up for the entire workout, but make sure it's high enough so that your last 2 or 3 runs are reasonably heavy.

The training is successful if the pace of the 10th time is as fast, or preferably faster as the 1st repetition. Because the break is relatively short (only 1 minute), you have little time to let your heartrate drop sufficiently. Recovery is active (dribbling) instead of passive (walking). This keeps your heartrate high continuously. Take this into account when planning your training.

Training 2: pyramid run

Goal: raising anaerobic threshold

In a pyramid run you **build up the number of minutes of running and then decrease them again**. The goal is to get faster, that's why we keep the running paces rather short.

In this way you can optimally train your fast muscle fibers and still work on your specific stamina. This kind of training is good to raise your anaerobic threshold. You train at the pace at which your body stays just below your anaerobic zone.

This training consists of 9 intervals starting at 1 minute running, increasing up to 5 minutes running and going back to 1 minute of running. So, 1'-2'-3'-4'-5'-4'-3'-2'-1'. The breaks are 1'-1'-2'- 2'-3'-2'-2'-1' in a very quiet dribble.

You have to keep the breaks really calm; it's about recovering well. You will notice that the middle block of 4 minutes, 5 minutes and 4 minutes again is quite long. Be sure to calculate these paces well.

1' running - 1' dribbling
2' running - 1' dribbling
3' running - 2' dribbling
4' running - 2' dribbling
5' running - 3' dribbling
4' running - 2' dribbling
3' running - 2' dribbling
2' running - 1' dribbling
1' running

Training 3: 3 different paces

In this training we'll work with 3 blocks of 2 different paces. This training is aimed at switching between your energy systems, just like at a competition. In the beginning you'll mainly use your aerobic abilities, at the end - or if you go uphill - you'll focus more on your anaerobic abilities. By combining these two energy systems in one workout, you make your body more efficient in switching between those two different systems.

You can easily remember the pauses because they are equal to the next tempo you'll run. The efficiency of this training is more in keeping the tempo high throughout the entire training, also during the breaks.

The training consists of:

Block 1:

- 6' running at a good pace
- rest = 3' smooth running
- 3' running at a good pace
- rest = 4' of which 2' dribble calmly and the last 2' trot smoothly (a little faster)

Block 2:

- 4' running at a good pace
- rest = 2' quiet dribble
- 2' running at a good pace
- rest = 2' quiet dribble

Block 3:

- 2' at good pace
- rest = 1' quiet dribble
- 1' at a good pace

