

10 x 1 Minute Intervals

Quick Overview



Session Type: Speed / VO₂ Max

Level: Beginner–Intermediate

Time Required: ~40–50 minutes

The Session

Warm-Up

10–15 mins easy running

Main Set

10 x 1 minute hard effort

1 minute easy jog recovery

Cool Down

10 mins easy running

Why This Works

Short, controlled efforts help improve speed, running form, and leg turnover without building excessive fatigue.

Because the intervals are brief, you can focus on staying relaxed while running fast – which makes it easier to carry that efficiency into longer runs.

It's simple, repeatable, and a great introduction to interval training.

