

# 5 x 3 minute Intervals

## Quick Overview



**Session Type:** Threshold

**Level:** Intermediate

**Time Required:** ~45–50 minutes

## The Session

### Warm-Up

10–15 mins easy running

- 3–4 short strides

### Main Set

5 x 3 minutes at a comfortably hard pace

2 minutes easy jog recovery between efforts

### Cool Down

10 mins easy running

## Why This Works

This session targets your lactate threshold – the point where running starts to feel harder and less sustainable.

By working just below that level, you train your body to hold a stronger pace for longer without fatiguing too quickly.

It's controlled, consistent effort rather than all-out speed – but it makes a big difference over time.

