

6 x 400m Intervals



QUICK OVERVIEW

Session Type: Speed / VO₂ Max

Level: Intermediate

Time Required: ~45 minutes

THE SESSION

Warm-Up

10–15 mins easy running

3–4 minutes run with short strides, high cadence

Main Set

6 x 400m hard (5K pace)

90 seconds easy jog recovery (or simply rest) between each 400m effort

Cool Down

10 mins easy running

