

# Over/Unders

## Quick Overview



**Session Type:** Lactate Threshold

**Level:** Intermediate–Advanced

**Time Required:** ~50–60 minutes

## The Session

### Warm-Up

10–15 mins easy running

### Main Set

4 x 6 minutes alternating effort:

1 minute slightly harder than race pace

1 minute slightly easier than race pace

(repeat within each 6-min block)

2 minutes easy jog recovery between sets

### Cool Down

10 mins easy running

## Why This Works

This session teaches you to control effort just above and below your threshold.

You build the ability to handle surges, fatigue, and changes in pace without losing control – a key skill in both road and trail racing.

