

# Pyramid Intervals (1-2-3-4-3-2-1 mins)

## Quick Overview



**Session Type:** Mixed Intervals

**Level:** Intermediate

**Time Required:** ~45–55 minutes

## The Session

### Warm-Up

10–15 mins easy running

### Main Set

1 min hard / 1 min easy

2 mins hard / 2 mins easy

3 mins hard / 3 mins easy

4 mins hard / 4 mins easy

Then back down:

3 / 2 / 1 minutes

### Cool Down

10 mins easy running

## Why This Works

The changing intervals keep both body and mind engaged. You learn how to control effort across different durations, which improves pacing and resilience – especially useful when conditions or terrain change.

