

Rolling Intervals



Quick Overview

Session Type: Trail Conditioning

Level: Intermediate

Time Required: ~50–60 minutes

The Session

Warm-Up

10–15 mins easy running

Main Set

20–30 minutes continuous running over rolling terrain

Push the effort on climbs

Ease slightly on descents and flats

Cool Down

10 mins easy running

Why This Works

Trail running isn't steady – and this session reflects that.

You learn to adjust effort naturally with the terrain, building strength on climbs while recovering without stopping.

It's one of the most race-specific sessions you can do.

