

Tempo Intervals



Quick Overview

Session Type: Threshold Endurance

Level: Intermediate

Time Required: ~60–70 minutes

The Session

Warm-Up

10–15 mins easy running

Main Set

3 x 10 minutes at steady, comfortably hard pace

2–3 minutes easy jog recovery

Cool Down

10 mins easy running

Why This Works

Longer intervals help you develop the ability to hold a strong, steady pace over time.

This is key for longer races where consistency matters more than speed bursts.

You learn what “sustainable effort” really feels like.

