

## **Pyramids - Session 1 – Inverse**

COVID-19 - Important – please follow all Government and England Athletics Guidelines on C-19 precautions when planning and undertaking this session

### **Session description**

This is an inverted pyramid of efforts where the longer efforts are at the start and end of the session as opposed to a traditional pyramid where you start with shorter efforts then build to longer efforts in the middle of the session. The benefit of the inverted pyramid is that you can use the longer efforts to build your pace for the shorter efforts in the middle of the session.

### **Route / location**

Choose any route where you can keep an eye on your watch without putting yourself at risk. Tip – write the efforts and recovery times on the back of your hand (or both hands) to help track your progress through the session.

### **Warm up**

A + B Pack – 15 mins  
C, D + E pack – approx. 5 - 10 mins

### **Session**

Effort times followed by (Recovery times in brackets)

Pack A – 6 mins (2 mins), 4 mins (90 secs), 2 mins (1 min), 1 min (1 min), 2 mins (1 min), 4 mins (90secs), 6mins

Pack B – 5 mins (2 mins), 4 mins (2 mins), 2 mins (1 min), 1 min (1 min), 2 mins (1 min), 4 mins (2 mins), 5 mins

Packs C, D and E – 4 mins (2 mins), 3 mins (90 secs), 2 mins (1 min), 1 min (1 min), 2 mins (1 mins), 3 mins (90secs), 4 mins

### **Recovery / Warm down**

A + B Pack – 15 mins  
C, D + E pack – approx. 5 - 10 mins