

Pyramid Set

1. Warm up

15 minute easy run, gradually increasing intensity

2. Main Set

2 minutes (RPE 7)

4 minutes (RPE 7)

6 minutes (RPE 6)

6 minutes (RPE 6)

4 minutes (RPE 7)

2 minutes (RPE 7)

- each with 1 minute easy jog recoveries

3. Cool Down

10 minute easy run, gradually decreasing intensity