

Mixed intervals

Runners gather in 4 groups (random). Each group has a dice. (I've got 4 large dice)

Front runners throws their dice and head off to run the interval specified.

1 or 4: short interval (1/3 mile)

2 or 5: medium interval (2/3 mile)

3 or 6: long interval (3/4 mile)

(see at end for idea with 4 different lap lengths and 2 FREE CHOICES!!)

Next in line throws dice *as soon as first runner has passed a specified marker about 100m along the path*- this should spread runners out along the path and runs whatever interval they get.

Next in line follows on as soon as second runner has passed the marker.... Etc....

On returning to the start, runner tags the front runner in the group/queue then go to the back of the queue and have a recovery time either to suit them (allowing other runners to go ahead in the queue if necessary) or when it's their time.

Recovery times will alter as runners could be doing long, medium or short intervals. This simulates change of effort in a race – ie. Having to put in an effort or go uphill when you're not really recovered from the last effort.

Interval times and paces should alter depending on whether they have thrown dice to get a short, medium or long interval – runners need to focus on their pace to make sure they don't do all three the same!

Short Interval

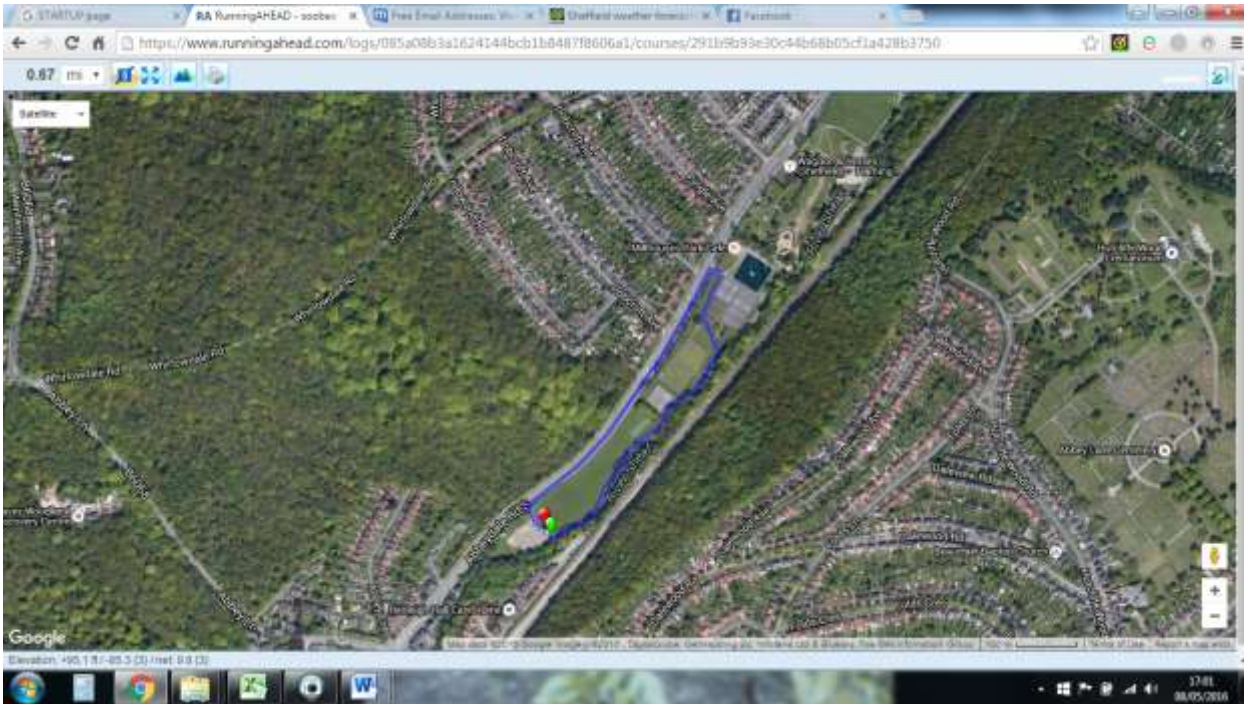
<https://www.runningahead.com/logs/085a08b3a1624144bcb1b8487f8606a1/courses/9cce3542b5434b65be2b428712ae68ae>



This is a grass loop – I can set up cones at the corners.

Medium Interval

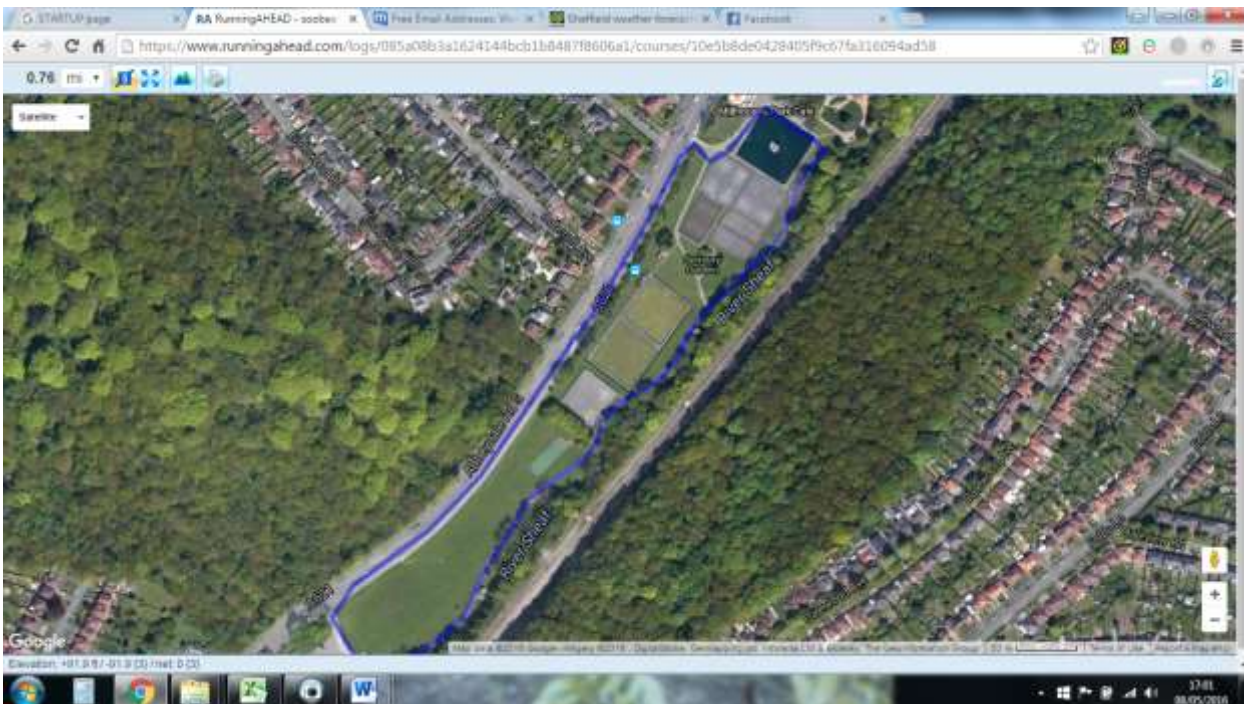
<https://www.runningahead.com/logs/085a08b3a1624144bcb1b8487f8606a1/courses/291b9b93e30c44b68b05cf1a428b3750>



Along path, up between sensory garden and tennis courts, onto pavement and back along to the carpark.

Long interval:

<https://www.runningahead.com/logs/085a08b3a1624144bcb1b8487f8606a1/courses/10e5b8de0428405f9c67fa316094ad58>



Along path, up round the pond and in front of cafe, onto pavement and back along to the carpark.

Note: If we made the longer interval go up and round the children's playground, it makes a mile lap, but I think that may be a bit far for some runners.

<https://www.runningahead.com/logs/085a08b3a1624144bcb1b8487f8606a1/courses/2a9ba2702e2648db8796a67cfd7faa6>

Or.... 4 different length laps but a 5 or 6 give you a FREE CHOICE!!!

