**High intensity quality training**

### Set 1:
Run from goal line to midline at high intensity in 10”. Then, jog to the opposite goal line in 20”.
Continue from goal line to the opposite goal line in 20”.
Recovery time of 20”, 25”, 30” recovery according to level.
10 reps.
Recovery: 2-4 min according to level.

### Set 2:
Again 10 reps.

**Total duration ± 26 min**

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**High intensity quality training**

### Set 1

- HI zone: 8'33”
- MA zone: 1”
- Recovery: -54 bpm

### Set 2

- HI zone: 6'58”
- MA zone: 3'44
- Recovery: -46 bpm

All together, 3000 m HI running resulting in 20’15” in HI and Max zones