

# A guide to healthy interval training

Want to run faster and more efficiently?  
Regular and careful interval training improves performance.

## What does interval training involve?

It's all about alternating phases of exertion and recovery. You incorporate a certain number of fast-paced runs into your normal running routine. In between, you jog slowly or powerwalk.

## Requirements for safe training

The sudden increases in tempo require a certain amount of running experience, basic endurance and good general health. Never overexert yourself: pay attention to how you are feeling. Interval training is more intense than a run. That makes recovery all the more important. Otherwise, performance decreases – and the risk of injury increases.

## Training session structure

- **Warm-up phase:** Light jogging reduces the risk of injury and prepares your body for physical exertion. Take ten to fifteen minutes to warm up.
- **Training location:** Begin your interval training on a flat surface, ideally on a familiar route. Running tracks or tartan tracks are ideal.
- **Frequency:** Start off with one interval session a week. More experienced runners may opt to do two interval sessions a week.
- **Duration:** No more than 30 minutes, in general.
- **Recovery phase:** After an interval session, the body needs at least 24 hours to recover.

## Interval routine

Try out different intervals. The recovery phase should be longer than the intensive training phase. And don't forget to jog a kilometre to warm up and warm down.

Examples for inspiration:

- 400 m or 1 min fast run – 2 min jog break (8×)
- 600 m or 1.5 min fast run – 3 min jog break (6×)
- 800 m or 2 min fast run – 3 min jog break (5×)

Always adapt the speed and intervals to your fitness level.



Our blog has more tips  
for jogging safely:  
[helsana.ch/running-training](https://helsana.ch/running-training)