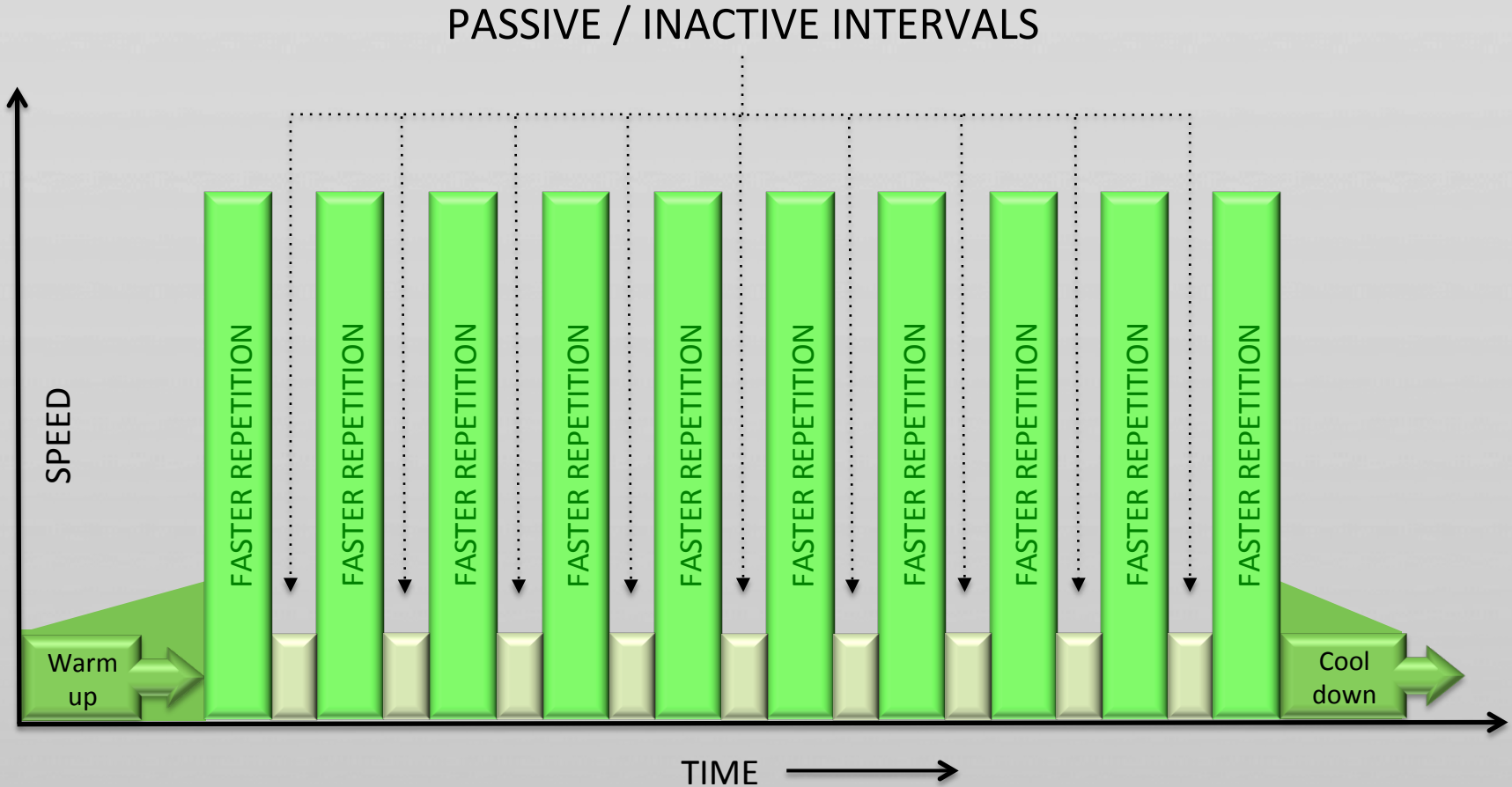


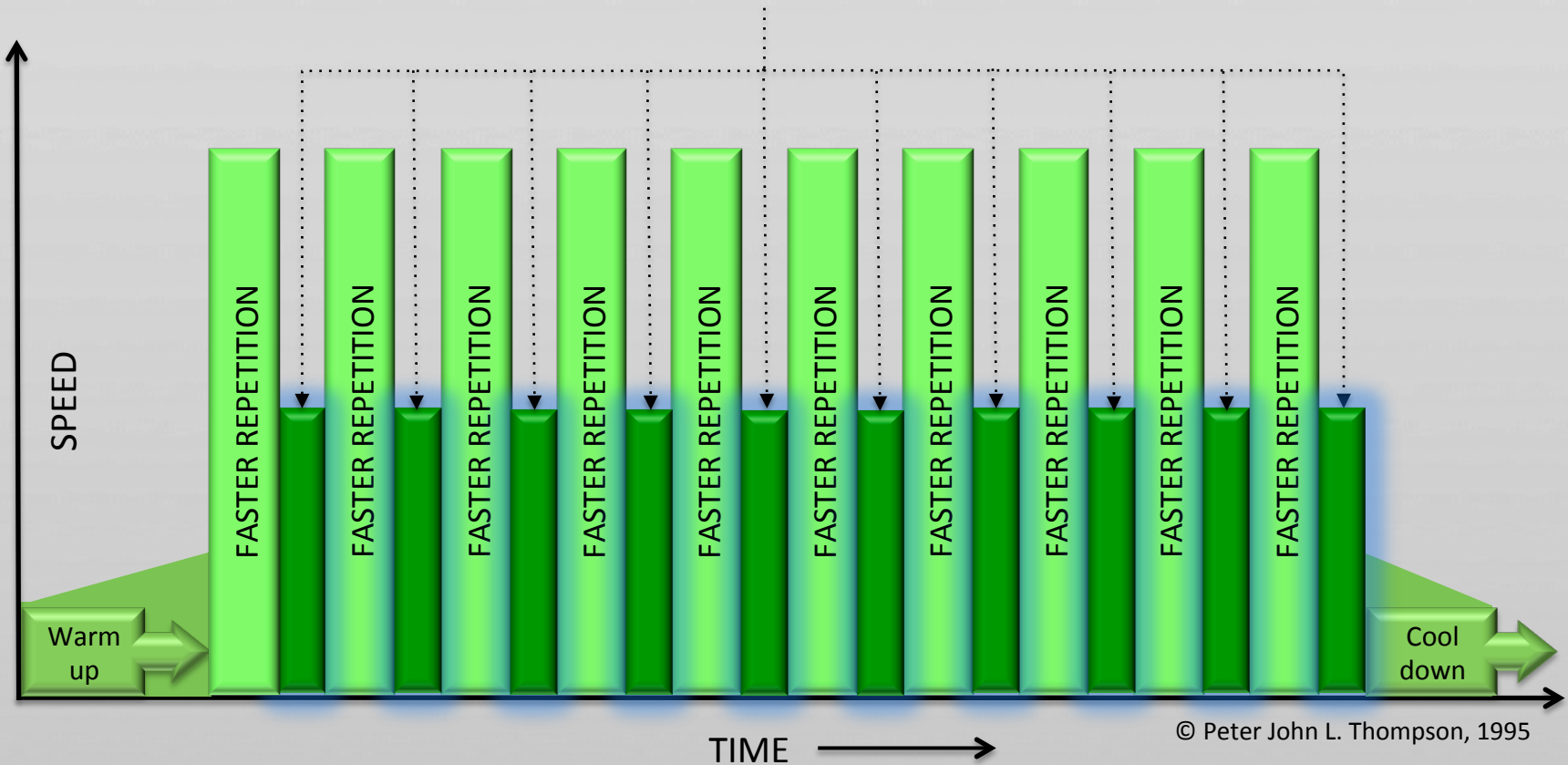
# TRADITIONAL REPETITION TRAINING



Traditional Repetition Training – breaking a distance into smaller distances which are repeated – ‘repetitions’

# NEW INTERVAL TRAINING

## ACTIVE 'ROLL-ON' RECOVERY INTERVALS



The Training Effect takes place in the ACTIVE 'ROLL-ON' RECOVERY INTERVALS