

MINUTE PYRAMIDS

The minute pyramid is a versatile session that combines both speed and endurance in one neat little package. Given this, the session can still be tailored to be more specifically speed or endurance orientated depending on the length of repetitions and pace of recoveries.

If the length of the repetitions are initially increasing it is termed a standard pyramid, however if the length of the repetitions are at first decreasing it is termed an inverted pyramid.

If speed is the "Special of the day", then you may choose a session such as the following: 1 minute, 2 minutes, 3 minutes, 2 minutes, 1 minute, all off a 1 minute jog recovery.

If you prefer something a little more endurance focussed then perhaps try something like this: 4 minutes, 3 minutes, 2 minutes, 3 minutes, 4 minutes, all off a 1 minute jog recovery.

The height of the pyramid, the starting point and if the pyramid is standard or inverted can all be altered to suit the current phase of your training. A great example of the minute pyramid for marathon training is: 2 minutes, 3 minutes, 4 minutes, 5 minutes, 4 minutes, 3 minutes, 2 minutes, all off a 1 minute jog with the repetitions run at close to half marathon pace.

The benefit of the standard pyramid is that it initially has you running quite quickly and you can then concentrate on trying to maintain this pace whilst you mount the apex of the pyramid and return down the other side. An

inverted pyramid will generally cause an increase in the speed of the session mid-way through and allows you to focus on finishing strongly on a sustained effort.

WHEN TO USE: Because of its flexibility the minute pyramid is a great session to use at any time of the year. It can be tailored to suit a build period or a tapering phase within your training. Also, there is the option of floating the recoveries rather than jogging them, turning the whole session into more of a fartlek. Even further alterations to the session, such as the following: 30 seconds, 1 minute, 2 minutes, 1 minute, 30 seconds, all off 1 minute jog; allow the pyramid to be used as a great taper session two or three days before a race.

WHAT PACE: The pace that you run each repetition depends on the type of pyramid that you are using and the length of each repetition. Basically, you want to run the shorter repetitions slightly quicker than the longer ones. As a rule of thumb, add up the total number of minutes of the repetitions in the session and use the following guidelines:

Total Combined Minutes of Repetitions	Suggested Pace to Run Repetitions
Less than 10 mins	5km Pace
Between 10 & 20 mins	10km Pace
Greater than 20 mins	Half Marathon Pace

EVENT BEST SUITED TO: Due to its flexibility, this session could be converted to suit basically any event 1500m and over. R4YL coaching staff would suggest starting with an inverted pyramid that is no longer



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than 20 minutes in duration. Once you feel you have this session under control you may want to progress to a standard pyramid of the same duration and then if required increase the length, number of repetitions, speed of the repetitions or pace of recoveries. **R4YL**

Julian Paynter competing in the Atlanta Olympics.



WHERE ARE THEY NOW? JULIAN PAYNTER

Born: 1970

Statistics	Then:	Now:
Weight:	71kg	82kg
Weekly mileage:	160+ km	70km
Residence:	Canberra & Camberwell/Richmond	Belgrave Heights
Occupation:	Full Time Athlete	Retail buyer for Myer
Children:	Finn (2 year old boy) and another due in 3 weeks	

Races that you recall with the most fondness: Atlanta Olympics 5000m, Commonwealth Games and World Cross Country Championships.

Any words of wisdom you would have appreciated back then: Really focus on a specific event, putting everything else aside to achieve the given goal and surround yourself with an appropriate support network that can help you achieve your goal.

Currently doing: Cycled competitively for a few years, competing at Nationals and in a professional team at the Bay Series. Won a silver medal in Victorian Mountain Climbing championships and just started back into running again in last few months.

Stopped running because: Detached left hamstring at the end of 1999 and despite several operations was not able to get it back to 100%.

Personal Bests: 3000m – 7.51; 5000m – 13.24; 10000m – 28.03

Achievements: 1996 Olympic Games Representative; 1994 Commonwealth Games Representative; Represented at World Cross Country five times as a senior and once as a junior. Finishing in the top 30 on three occasions; Australian Champion over 5000m and 10000m; Three-time Australian Junior Champion (1500m & 5000m); City to Surf winner 1992

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