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

www.newintervaltraining.com
NEW INTERVAL TRAINING: MULTI-PACE SETS

ACTIVE ‘ROLL-ON’ RECOVERY INTERVALS

The Training Effect is enhanced as the athlete utilises and clears differing amounts of lactate in each ACTIVE ‘ROLL-ON’ RECOVERY INTERVAL

© Peter John L. Thompson, 1995