

Interval training, 800's

800-meter efforts 6/8 or 10 reps walking back to the start.

Recovery time should be approximately the same as it takes to complete the effort, this can be shortened to suit.

Soft ground reducing impact on joints, trail shoes or spikes recommended.



There are many benefits of running Yasso 800s. They are a form of speed workout that will improve your endurance, running efficiency, speed, and race pace. Running 800-meter intervals for 10 repeats is no easy task, and Yasso 800s will definitely help improve your marathon pace and race pace for other distances. Yasso 800s also train your body to perform well even when you are fatigued, boosting your stamina for long-distance races.