

Intermediate

Performance: Track Sprints

Speed: Steady Jog 3.0 and Interval Run 12.0

When Your Done

Treadmill Or Track

No Break	
4-6 Cycles	
Off	Interval Sprint
2:00 minute	
When Ready	15 seconds
When Ready	30 seconds
When Ready	60 seconds
1:00 minute Walk	
Jog 45 seconds	15 seconds
Jog 30 seconds	30 seconds
Jog 15 seconds	45 seconds
Stretch	
Daily Stretches	