

Intermediate

Performance: Track Distance

Speed: Steady Jog/Walk between 4 - 5 and Interval Run 6 - 7

26 Minute

1600 Makers

Treadmill

No Break		
Steady Walk	Jog	Run
3:00	4:00	1:00
2:00	3:00	2:00
2:00	2:00	2:00
1:30	1:30	1:00

Stretch
Daily Stretches