

# Intermediate

## Performance: All Sports

**Speed:** Steady Jog/Walk between 6.0 and Interval Run 9.0

# 20

## Minute Cardio

---

### Any Machine

No Break	
Steady Jog/Walk	Interval Run
4 Minute	4 Minute
3 Minute	3 Minute
2 Minute	2 Minute
1 Minute	1 Minute

Stretch
Daily Stretches