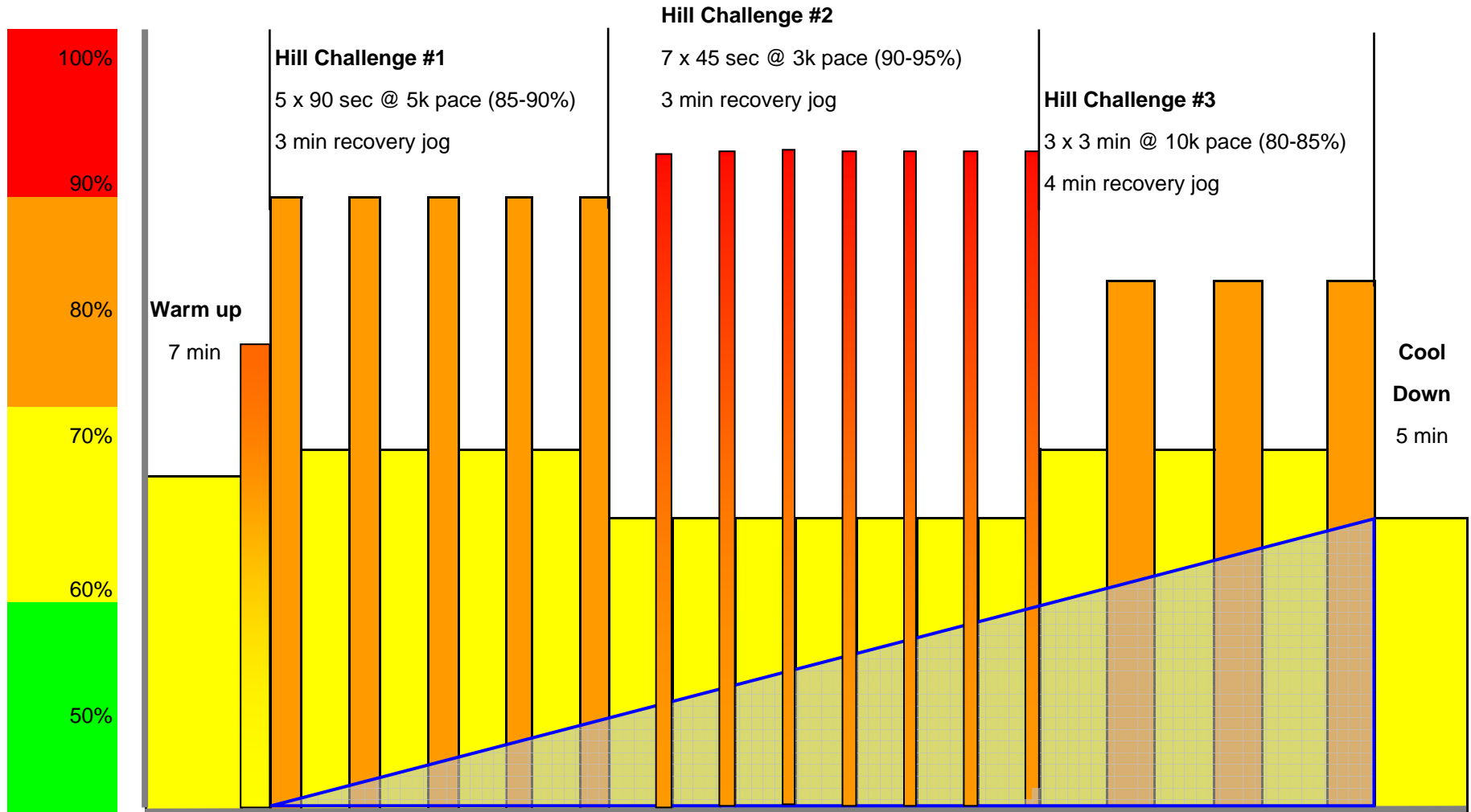




Treadmill Trainer - Hill Runner Volume 1

Workout Structure

INCLINATION = 4%
 (0% incline for warm-up and cool down)



Track	Time	Description
1	7:30	Introduction and warm-up 7 minutes of light jogging to increase blood flow and raise your core temperature. The incline is set to 0%.
2	20:20	Hill Challenge #1 At a constant incline of 4% you will be engaging in five 90-second intervals at your 5K pace (85-90% max). Each interval will be separated by 3 minutes of light recovery jogging still at the 4% incline. Each Hill Challenge can be considered an entire workout if you like.
3	26:54:00	Hill Challenge #2 If you have still have legs after the first Hill Challenge then this one should be ok. Again, this section can be considered an entire workout. This section consists of seven 45-second intervals at your 3K pace (90-95%) with 3-minute recovery jogs in between each. Again, this entire Hill Challenge is done at 4% incline.
4	21:16	Hill Challenge #3 This final Hill Challenge features three 3-minute intervals at your 10K pace (80-85%) interspersed with 3 bouts of 4-minute recovery jogs. This section is again done at a 4% incline.
5	7:37	Cool Down A nice easy 5 minute cool down is in order after having completed this workout. The incline is brought back down to 0% and you may walk during this cool down if you choose.
Total Time:		1:23:37

