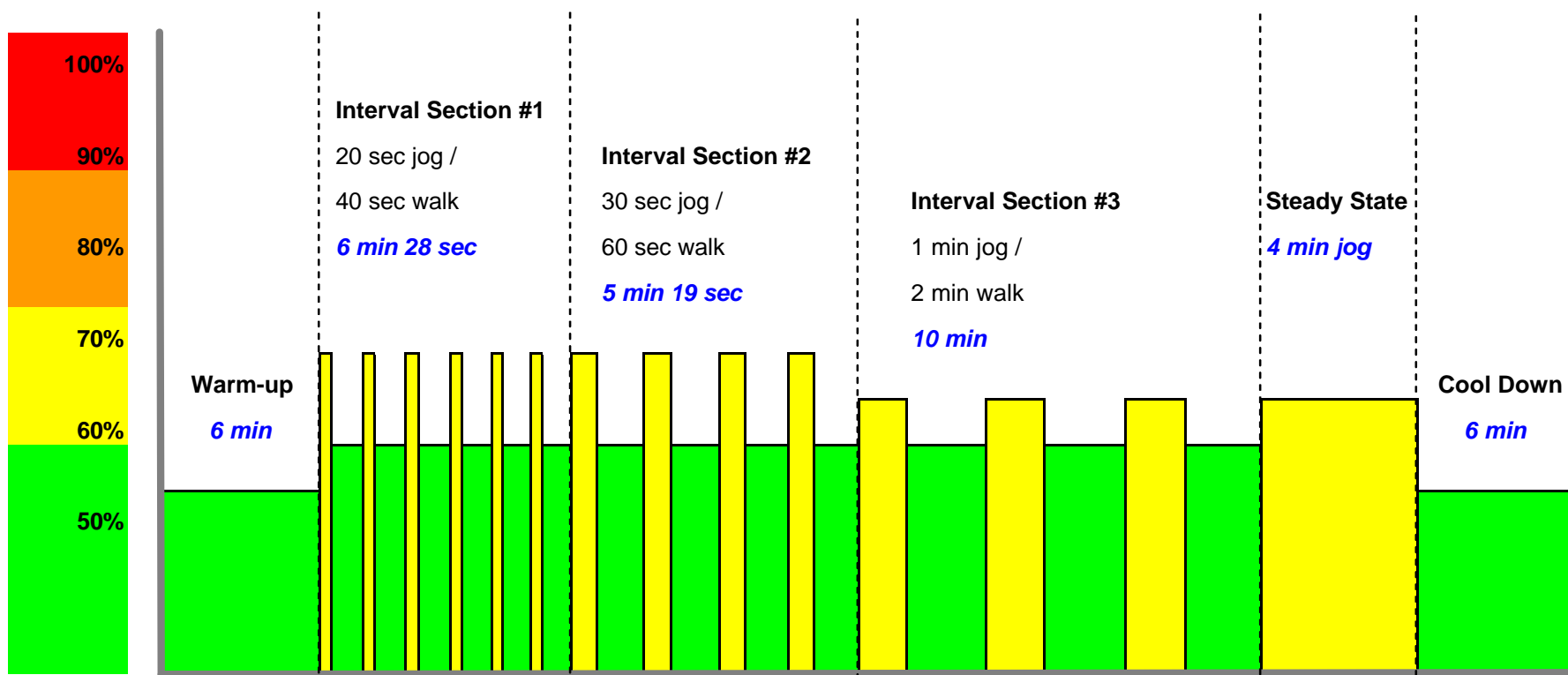




Treadmill Trainer Volume 1

Workout Structure



Track	Time	Description
1	6:01	Introduction and warm-up 6 minutes of mildly brisk walking to increase blood flow and raise your core temperature.
2	6:28	Interval Section #1 - Jogging/Walking 6 intervals consisting of 20 seconds light jogging (60-65% max) interspersed with 40 seconds of walking to recover. This section serves to accustom your body to light and short duration jogging.
3	5:19	Interval Section #2 - Jogging/Walking 4 intervals consisting of 30 seconds jogging (60-65% max) followed by 1 minute of walking. Now we're starting to slowly build up the duration at which you're jogging. Don't worry you also get a little more time to recover.
4	10:00	Interval Section #3 - Jogging/Walking This section consists of 3 intervals of 1 minute jogging followed by a 2 minute walk to recover. We're starting to prepare your body for the final challenge of jogging for a longer duration without rest.
5	4:33	Steady State Run This section challenges you to maintain a jogging speed (60% max) for 4 minutes. You can do it. Plus, the cool down is just around the corner, so you'll have plenty of time to recover!
6	6:07	Cool Down A nice easy 6 minute cool down is in order after having completed this workout. You've done amazingly well and here we're walking nice and easy for the remainder of the session. Remember to stretch, re-hydrate, and applaud your work after we're done.
Total Time:		38:28:00