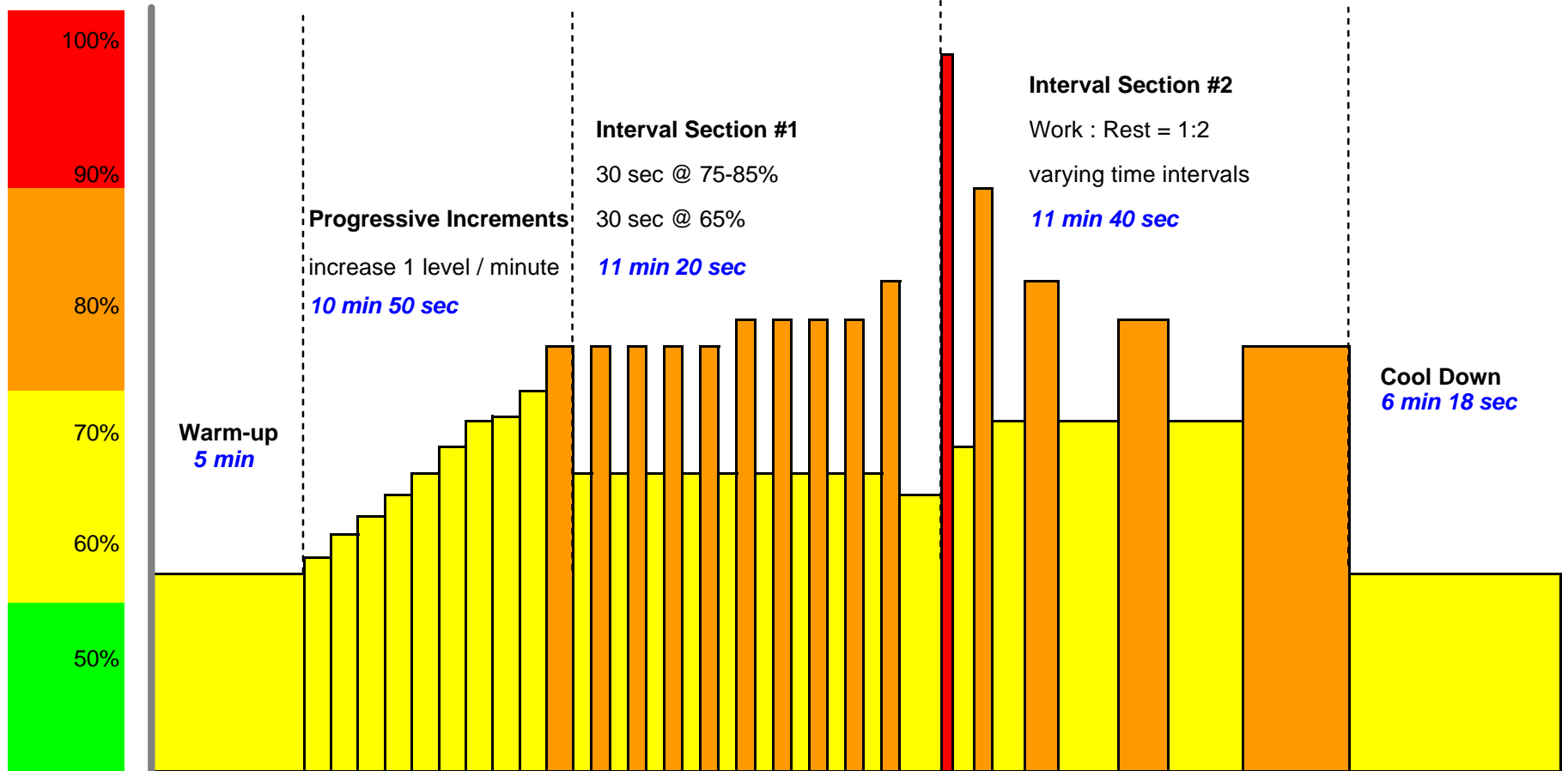




Treadmill Trainer Volume 2

Workout Structure



Track	Time	Description
1	5:20	Introduction and warm-up 5 minutes of light jogging to increase blood flow and raise your core temperature.
2	10:50	Progressive Speed Increments 10 speed increments in this section force your body to continually adjust to new speeds; not allowing it to get into its steady state rhythm. As a result, your heart rate continually climbs during this section and primes your muscles and cardiovascular for the coming intervals.
3	11:20	Interval Section #1 - Anaerobic endurance 9 intervals consisting of 30 second runs (75-85% max) and 30 second recovery jogs (65-70% max). This section is great for improving your racing pace and acclimatizing your muscles to work through the burn.
4	11:40	Interval Section #2 - Aerobic/Anaerobic endurance This section features 5 intervals each with a work:rest of 1:2 meaning that you'll be recovering twice as long as you're working. The intervals start with you running for 15 seconds at 95% with 30 seconds recovery and finish with a nice 2 minute run at 75-80%. If you've made it this far, then you're pretty fit!
5	6:18	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: 45:28:00