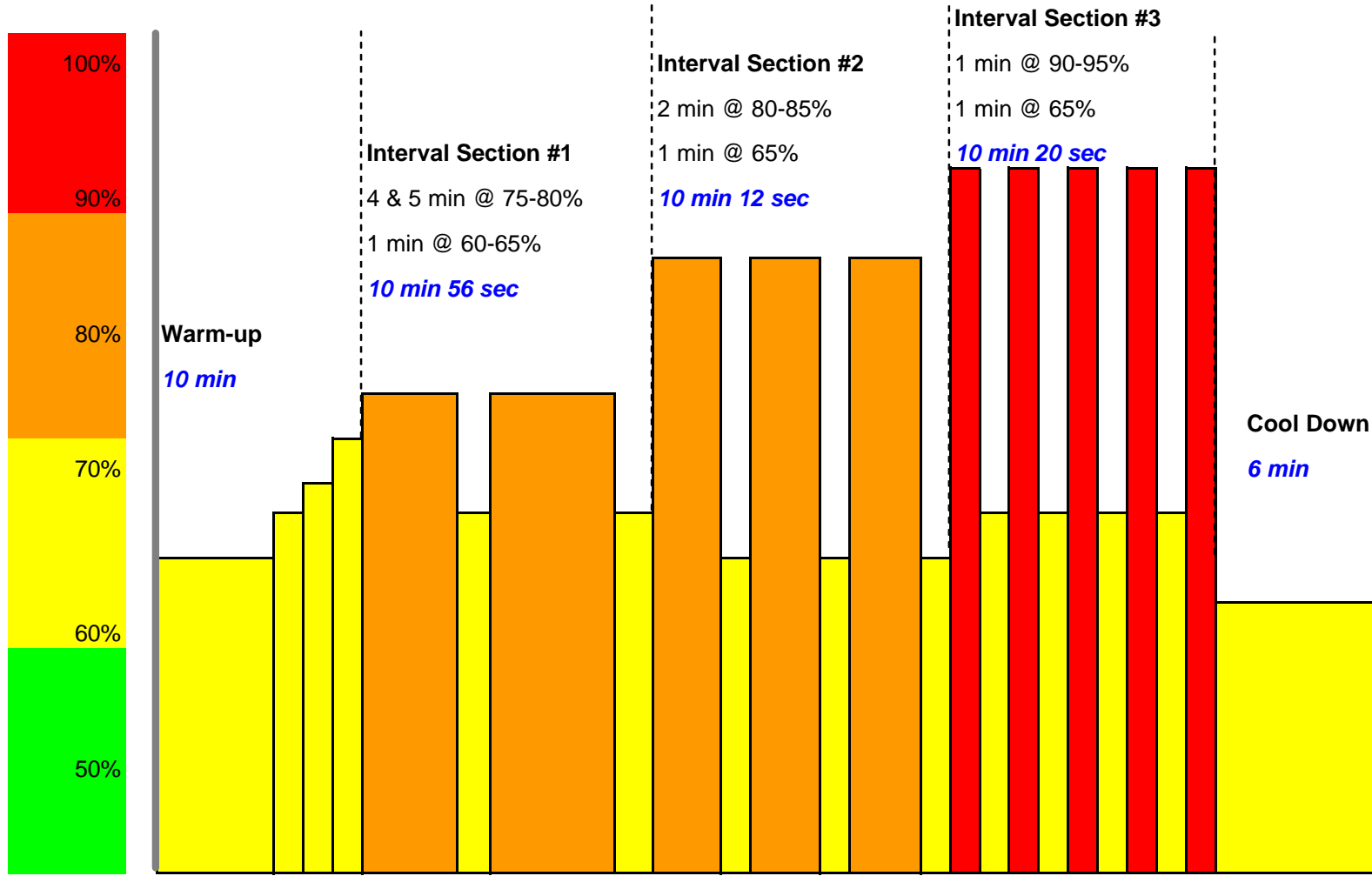




Treadmill Trainer Volume 3

Workout Structure



Track	Time	Description
1	9:58	<p>Introduction and warm-up</p> <p>7 minutes of light jogging to increase blood flow and raise your core temperature; followed by 3 minutes of speed increments to prepare muscles for upcoming intervals.</p>
2	10:56	<p>Interval Section #1 - Aerobic endurance</p> <p>This section consists of 2 different intervals. The first will have you run at 75-80% max. for 4 minutes followed by 1 minute of light recovery. The second interval will then start with 5 minutes running at 75-80% again followed by 1 minute of light jogging to recover. This section is more aerobic in nature.</p>
3	10:12	<p>Interval Section #2 - Anaerobic endurance</p> <p>Features 3 intervals where you will be running at 80-85% max for 2 minutes followed by 1 minute of light jogging to recover. This section is definitely more anaerobic in nature and will be one of the most beneficial sections of this workout.</p>
4	10:20	<p>Interval Section #3 - Speed endurance</p> <p>Together in this section we will be running 5 intervals consisting of 1 minute at 90-95% and 1 minute of recovery jogging. The pace will mimic that of a 400m race and thus is intended to improve your speed endurance. This is the section that will help you finish your races and runs on a strong note!</p>
5	6:02	<p>Cool Down</p> <p>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.</p>
Total Time:		47:06:00