

Track	Time	Description
1	6:01	Warm-Up We start off with our usual 5-minute warm-up at the Talk Test Pace. The last 1-2 minutes should see you increasing your speed slightly to get ready for the upcoming intervals.
2	10:00	Interval Section #1 This first interval section features 2 intervals of 4 minutes of work (85-90% of max speed) with 1 minute of recovery between each. Note that the recovery pace is slightly faster than usual at 70-75% of maximum speed.
3	23:00	Interval Section #2 This is a very challenging interval section. Each work interval last 2 minutes and there is 1 minute to recover between each. However, during the course of this section, the speeds of both the interval and recovery bouts will vary. Specifically, the recovery pace will continue to increase as to approach the actual work pace. There are a total of 8 intervals.
4	5:06	Cool Down You're going to need a thorough cool down after this workout. Here, we spend 5 minutes at a very light jog to flush out the lactic acid buildup from the workout and to bring your heart rate back down closer to resting levels.
Total Time:	44:07:00	