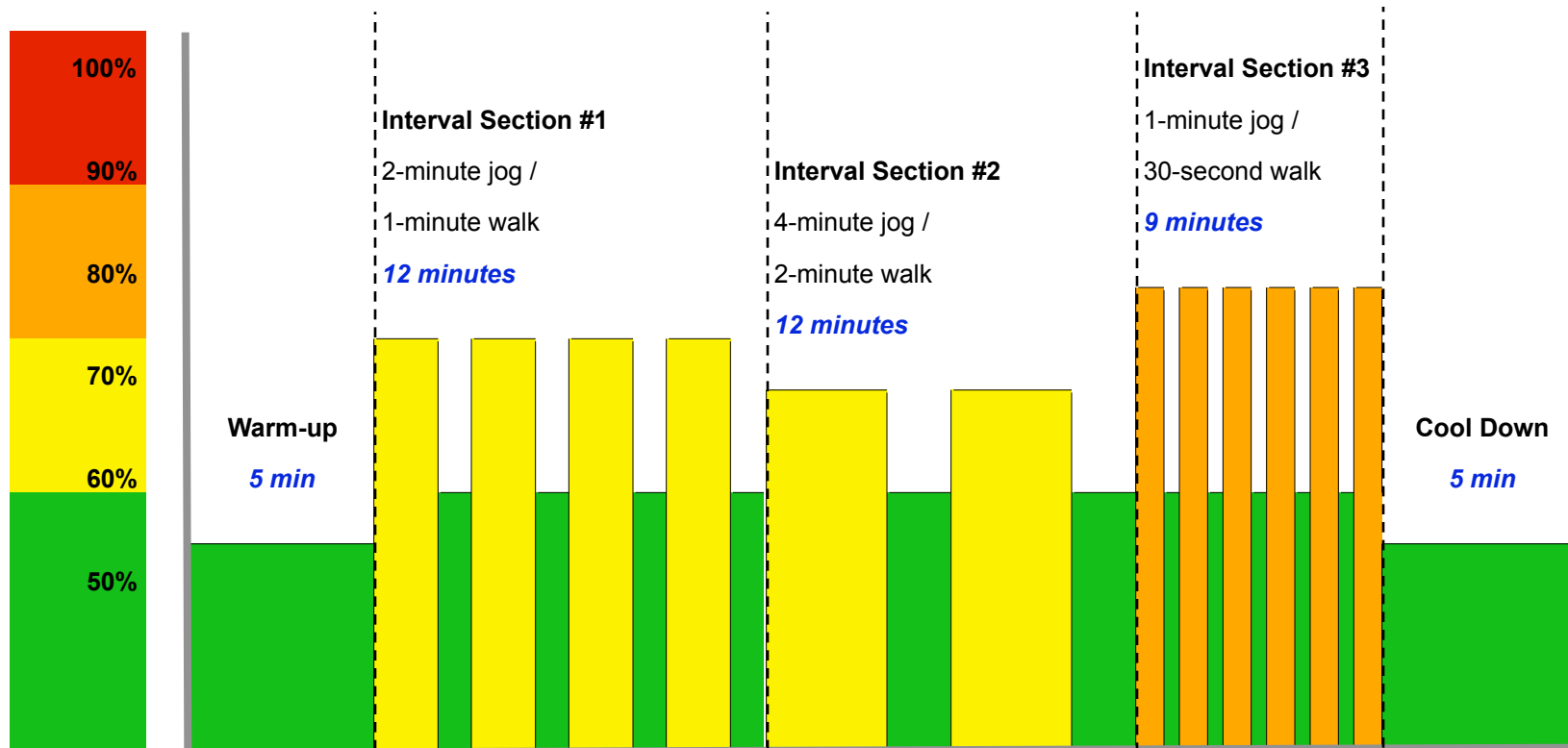




Treadmill Trainer Volume 1 - Intermediate

Workout Structure



Track	Time	Description
1	6:00	<p>Warm-Up</p> <p>5 minutes of mildly brisk walking (or light jogging) to increase blood flow and raise your core temperature.</p>
2	12:03	<p>Interval Section #1 - Jogging/Walking (2:1)</p> <p>Here, we'll be jogging for 2 minutes and then recovering with 1 minute of walking. This will be repeated 4 times for a total of 12 minutes.</p>
3	11:59	<p>Interval Section #2 - Jogging/Walking (2:1)</p> <p>This interval features 4 minutes of jogging with 2 minutes of walking recovery. This is repeated twice for a total of 12 minutes. The jogging pace is slightly slower than Interval Section #1.</p>
4	8:41	<p>Interval Section #3 - Jogging/Walking (2:1)</p> <p>Our final interval section features slightly faster jogging (about 80% of max speed) for 1 minute and 30 seconds of walking to recover. This is repeated 6 times for a total of 9 minutes.</p>
5	4:57	<p>Cool Down</p> <p>A nice easy 5-minute cool down is in order after having completed this workout. You've done amazingly 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:	43:40:00	