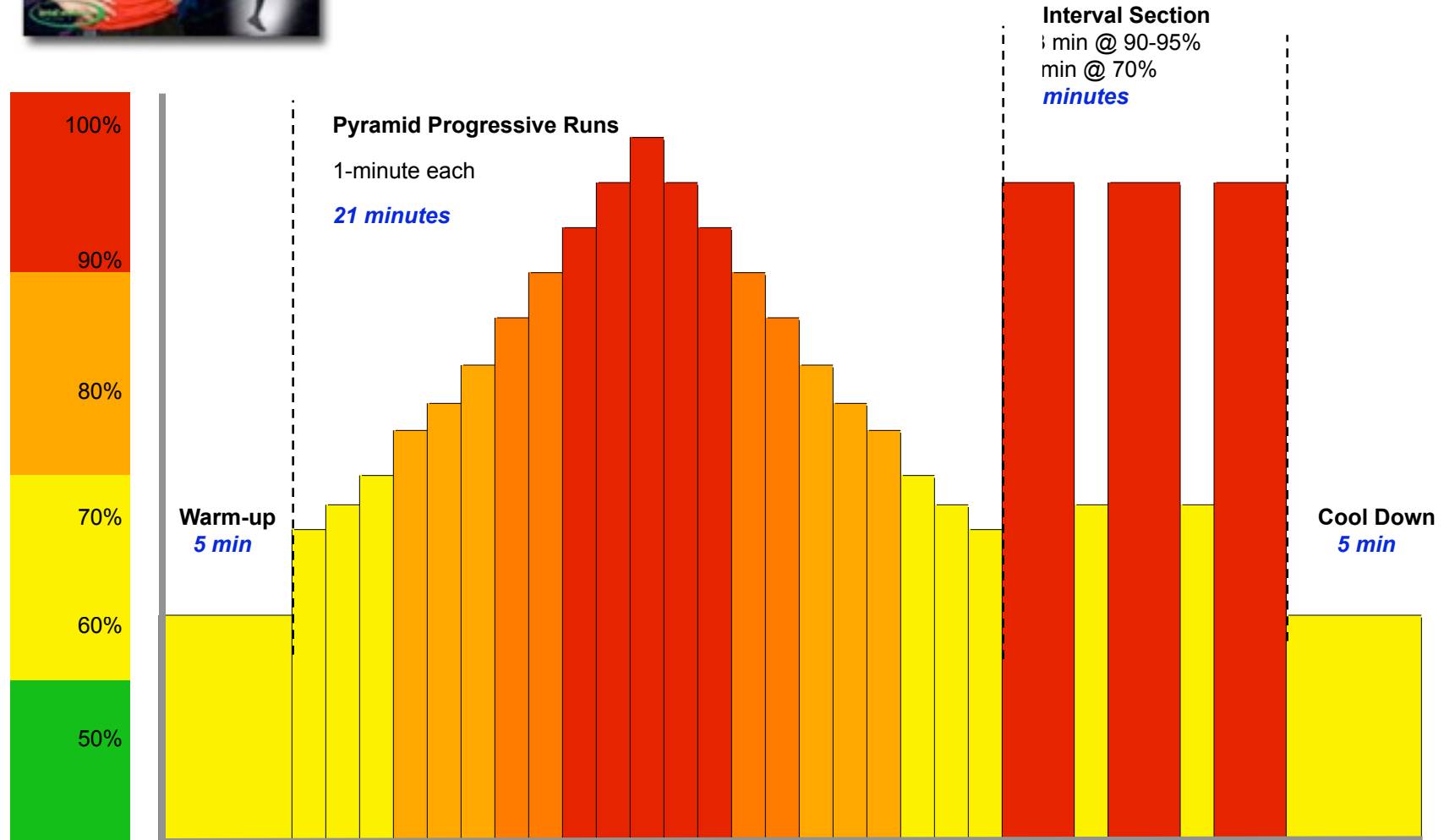




Treadmill Trainer Volume 2 - Advanced

Workout Structure



Track	Time	Description
1	5:57	Warm Up As usual, we start our workout with a 5-minute warm-up at our Talk Test Pace.
2	22:02	Pyramid Progressive Runs This "pyramid" features 10 runs that progressively get faster and then 10 runs that progressively lower in speed. Each run lasts for 1 minute.
3	11:10	Interval Section The only interval section of this workout features 3 3-minute runs at 90-95% of your maximum speed with just 1 minute to recover in between each. Talk about a great way to finish off a workout.
4	4:52	Cool Down After the previous section, there is probably a good deal of lactic acid built up in your legs. The cool down will help you flush some of that out and bring your heart rate back down closer to resting level.
Total Time:	44:01:00	