

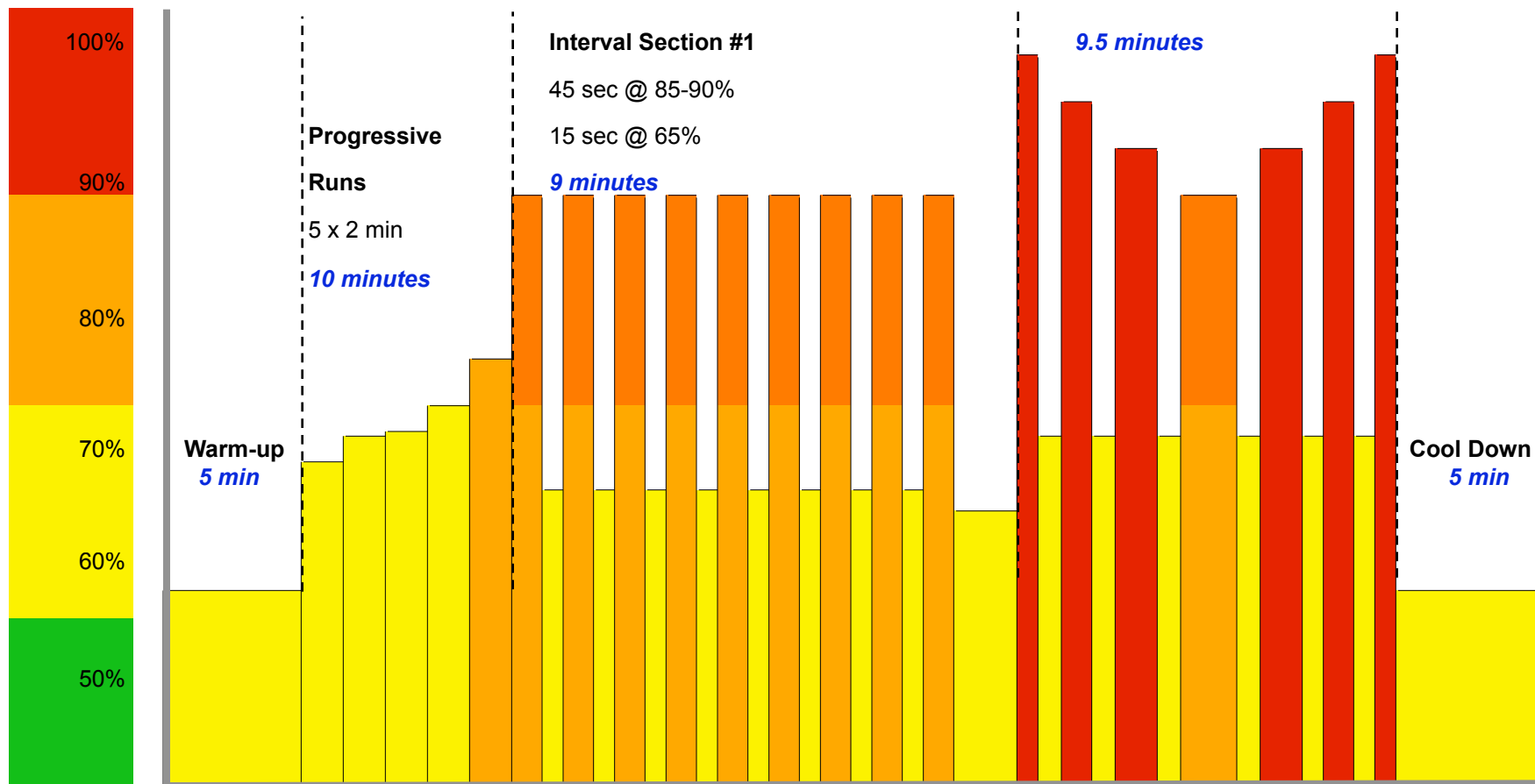


Treadmill Trainer Volume 2 - Intermediate

Workout Structure

Reverse Pyramid Intervals

30 sec @ 100% : 30 sec @ 70%
 45 sec @ 95% : 30 sec @ 70%
 60 sec @ 90% : 30 sec @ 70%
 90 sec @ 85% : 30 sec @ 70%
 60 sec @ 90% : 30 sec @ 70%
 45 sec @ 95% : 30 sec @ 70%
 30 sec @ 100% : 30 sec @ 70%



| Track | Time | Description |
|--------------------|-----------------|---|
| 1 | 5:15 | Warm-Up As usual, we start our workout with a 5-minute warm-up at our Talk Test Pace. |
| 2 | 9:59 | Progressive Runs In this section, we'll be doing 5 2-minute runs with each getting progressively faster toward about 80% of maximum running speed. This section is meant to get you ready for fast intervals in the next section. |
| 3 | 10:39 | Interval Section #1 Using a 3:1 work to rest ratio, this section has you running 45 seconds close to 90% with just 15 seconds to recover. The goal of this section is to get your body spending more time near its fastest speeds. This pace should be faster than your 5k race pace. 9 intervals will be completed here. |
| 4 | 9:10 | Interval Section #2 This is fun interval section that you challenge your body to run faster for longer, while keeping the recovery periods identical (ie. 30 seconds). The speeds in this section will vary from 85% (for 1 minute) to 100% (for 30 seconds). Again, this section will further your speed endurance. |
| 5 | 7:50 | Cool Down After any great workout, it's important to cool your body down and spend some time flushing out some of the lactic acid that was produced during the workout. That's what we'll be doing here. |
| Total Time: | 42:53:00 | |