

1.2

TREADMILL WORKOUT



1to1 & 2to1 Interval Speed Workout

WARM UP

5 MIN - WARM UP

Easy jog (2-3 level of effort / Conversation Pace)

Drills (30 sec High Knees)

Drills (30 sec Butt Kicks)

RUN

:30 SEC RUN

:30 min in 60% of all out (add .2-.5)

:45 SEC RECOVERY RUN

:30 MIN RUN

:30 Sec in 70% of all out (add .2-.5)

:45 SEC RECOVERY RUN

:30 MIN RUN

:30 Sec in 80% of all out (add .2-.5)

:45 SEC RECOVERY RUN

1:30 MIN RUN

1 min in 70% of your all out

15 sec in 80% of all out (add .2-.5)

15 Sec in 90% of all out (add .5-1)

1 MIN RECOVERY RUN

1:30 MIN RUN

1 min in 75% of your all out

15 sec in 85% of all out (add .2-.5)

15 sec in 95% of all out (add .5-1)

1 MIN RECOVERY RUN

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1 TO 1 SPEED INTERVAL RUN

1:30 MIN RUN

1:00 min in 85% of your all out
:30 sec in 95% of all out (add .5-1)

1:30 MIN RECOVERY RUN

1:30 MIN RUN

1:00 sec in 85% of all out (add .2-.5)
:30 sec in 95% of all out (add .5-1)

1:30 MIN RECOVERY RUN

1:00 MIN RUN

:30 sec in 90% of all out (add .2-.5)
:30 sec in 95% of all out (add .5-1)

1:00 MIN RECOVERY RUN

1:00 MIN RUN

:30 sec in 90% of all out (add .2-.5)
:30 sec in 95% of all out (add .5-1)

1:00 MIN RECOVERY RUN

:45 SEC RUN

:30 sec in 90% of all out (add .2-.5)
:15 Sec in 95% of all out (add .5-1)

:45 SEC RECOVERY RUN

:45 SEC RUN

:30 sec in 90% of all out (add .2-.5)
:15 sec in 95% of all out (add .5-1)

:45 SEC RECOVERY RUN

:45 SEC RUN

:30 sec in 90% of all out (add .2-.5)
:15 sec in 95% of all out (add .5-1)

:45 SEC RECOVERY RUN

1:45 MIN EXTENDED RECOVERY RUN

2 TO 1 SPEED INTERVAL RUN

1 MIN RUN

:45 sec in 95% of all out (add .2-.5)
:15 sec in 100% of all out (add .5-1)

:30 SEC RECOVERY RUN

1 MIN RUN

:45 sec in 95% of all out (add .2-.5)
:15 sec in 100% of all out (add .5-1)

:30 SEC RECOVERY RUN

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:40 SEC RUN

:40 sec in 100% of all out

:20 SEC RECOVERY RUN

:40 SEC RUN

:40 sec in 100% of all out

:20 SEC RECOVERY RUN

:40 SEC RUN

:40 sec in 100% of all out

:20 SEC RECOVERY RUN

2:30 MIN RUN

2:00 min in 80% of all out

:15 sec in 90% of all out

:15 sec in 100% of all out

1:00 MIN RECOVERY RUN

2:30 MIN RUN

1:15 sec in 90% of all out

1:15 sec in 100% of all out

COOL DOWN

5 MIN - COOL DOWN

Easy jog (2-3 level of effort / Walk or jog)

GREAT JOB

- THAT'S THE END OF THIS WEEKS TREADMILL WORKOUT

STAY CONNECTED

BE SAFE

AND RUN STRONG