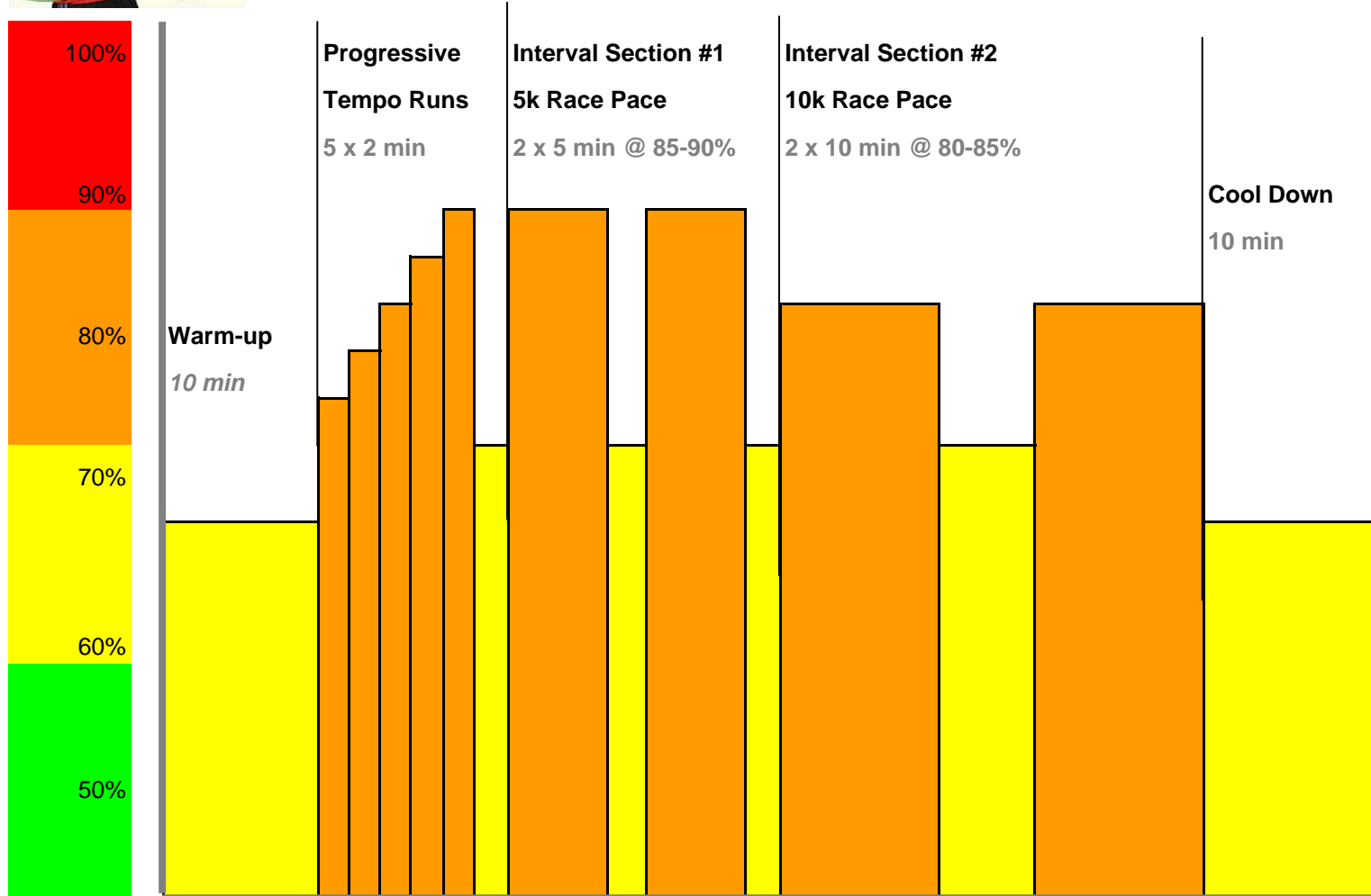




Treadmill Trainer Volume 4

Workout Structure



Track	Time	Description
1	11:05	Introduction and warm-up 10 minutes of light jogging to increase blood flow and raise your core temperature.
2	11:52	Progressive Tempo Runs This section consists of 5 progressively fast tempo runs. Every 2 minutes you will increase your pace by roughly 1-2%. Then, a 2 minute recovery bout is in order after completing all five 2-minute tempo runs.
3	14:49	Interval Section #1 - 5k Race Pace Training (Anaerobic) This first interval section will last 14 minutes and consist of two 5-minute intervals at your 5k Race Pace interspersed with two 2-minute recovery jogs. Your pace should equate to 85-90% of your fastest running speed.
4	24:32:00	Interval Section #2 - 10k Race Pace Training This second interval section will push you to work at 10k Race Pace for 10 minutes. You will complete this task twice with a 4 minute recovery jog in between each 10-minute bout. Your running pace for the 10-minute bout should equate to about 80-85% of your fastest running speed. Congratulations if you've made it this far!
5	13:25	Cool Down A nice easy 10 minute cool down is in order after having completed this workout. You've done amazingly well and here we're jogging nice and easy for the remainder of the session. Remember to stretch, re-hydrate, and applaud your work after we're done.
Total Time:		1:15:43

