

Treadmill – 10K, 60 minutes

First set, speed up – 23 minutes

Speed	Time in minutes
9.0	3
9.4	3
9.8	3
10.2	4 ½
10.6	5 ½
11.0	4

Second set, slow down – 22 minutes

Speed	Time in minutes
10.8	44
10.4	5
10.0	6
9.6	3
9.2	4

Third set, speed up again – 15 minutes

Speed	Time in minutes
9.5	6
10.3	5
10.7	3
12.0	1