

Treadmill – LongDistanceRunning, 30 minutes

Warm up – 2 minutes

Speed	Time in minutes
5.0	1
6.0	1

Running – walk during the rest – 17 minutes

Speed	Time in minutes
10.0	11
6.0 (walk)	1
12.0	8
6.0 (walk)	1
14.0	6

Cool down – 1 minute

Speed	Time in minutes
6.0	1

Can you handle the entire session?

Start next time on the running part and increase speed with 1.0.

Increase with 1.0 every time you manage to make the whole session.