

Treadmill – MaxSpeedAdvanced, 20 minutes

Warm up – 1 minute

Speed	Time in seconds
4.0	15
5.0	15
6.0	15
7.0	15

Running 1 – jump aside and increase the pace during the rest – 18 minutes

Speed	Time in seconds	Rest in seconds
10.0	20	20
12.0	20	20
14.0	20	20
16.0	30	30
18.0	30	30
19.0	30	30
20.0	30	60

Running 2 – incline 2.0

Speed	Time in seconds	Rest in seconds
16.0	30	30
18.0	30	30
20.0	30	60

Running 3

Speed	Time in seconds	Rest in seconds
16.0	60	30
18.0	60	30
20.0	45	45

Running 4 – incline 4.0

Speed	Time in seconds	Rest in seconds
15.0	20	30
17.0	20	30
19.0	20	30

Running 5

Speed	Time in seconds	Rest in seconds
20.0	60	

Cool down – 1 minute

Speed	Time in seconds
6.0	30
5.0	30