

Treadmill – Speed, 30 minutes

Warm up – 5 minutes

Speed	Time in seconds
4,0	60
4,5	60
5,0	60
5,5	60
6,0	60

Running – jump aside and increase the pace during the rest – 20 minutes

Speed	Time in seconds	Rest in seconds
10,0	30	15
11,0	30	15
12,0	30	15
13,0	30	20
14,0	30	20
15,0	30	20
16,0	30	30
17,0	30	30
17,5	30	30
18,0	30	45
18,4	30	45
18,7	30	45
19,0	30	60
19,2	30	60
19,4	30	60
19,6	30	75
19,8	30	75
20,0	30	

Cool down – 5 minutes

Speed	Time in seconds
6,0	60
5,5	60
5,0	60
4,5	60
4,0	60

Can you handle the entire session?

Start on the running part at speed 10.0 but now with 1.0 in incline.

Increase inclines with 1.0 every time you manage to make the 20 minutes of running.