

Treadmill – Sankt Hans Extreme light 5 km, 40 minutes

Warm up – 5 minutes

Incline	Speed	Time in seconds
0,0	6,0	60
2,0	6,0	60
4,0	6,0	60
6,0	6,0	60
8,0	6,0	60

Work out part 1 – 6 minutes

8,0	8,0	60
9,0	6,0	60
9,0	9,0	60
9,5	6,0	60
9,5	9,5	60
10,0	6,0	60

Work out part 2 – 8 minutes

10,0	10,0	60
10,5	6,0	90
10,5	10,5	60
11,0	6,0	90
11,0	11,0	60
11,5	6,0	120

Work out part 3 – 8 minutes

11,5	11,5	45
12,0	6,0	120
12,0	12,0	45
13,0	6,0	120
13,0	13,0	30
15,0	6,0	120

Work out part 4 – 9 minutes

12,0	12,0	60
10,0	6,0	120
10,0	10,0	60
9,0	6,0	60
9,0	9,0	60
8,0	6,0	60
8,0	8,0	60
7,0	6,0	60

Cool down – 4 minutes

7,0	7,0	240
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