

1 HOUR POWER

EMULATED RUNNING

INTERMEDIATE RUNNER

WITH WEIGHTS ONLY

5 MIN

WARM UP

RIDE

WALK

ROW

BASE RUN/JOG/WALK:

0 INCLINE

2 DURATION MIN

↑ 2 NOTCHES

+ 2 INCLINE

2 DURATION MIN

↑ 2 NOTCHES

+ 2 INCLINE

1.5 DURATION MIN

↑ 2 NOTCHES

+ 2 INCLINE

1 DURATION MIN

↑ 2 NOTCHES

+ 2 INCLINE

30 DURATION SEC

FULL ON SPRINT

INCLINE STAYS THE SAME

30 DURATION SEC

RECOVER

BASE RUN/JOG/INCLINE

2 MIN

14.5 MINUTES INTO WORKOUT

REPEAT INTERVAL

(PAY ATTENTION TO SLIGHT CHANGE)

BASE RUN/JOG/WALK:

0 INCLINE

2 DURATION MIN

↑ 2 NOTCHES

+ 2 INCLINE

2 DURATION MIN

↑ 2 NOTCHES

+ 2 INCLINE

1.5 DURATION MIN

↑ 2 NOTCHES

+ 2 INCLINE

1 DURATION MIN

↑ 2 NOTCHES

+ 2 INCLINE

30 DURATION SEC

FULL ON SPRINT

INCLINE STAYS THE SAME

30 DURATION SEC

RECOVER RUN

↓ 3 INCLINE

1.5 DURATION MIN

FULL ON SPRINT

INCLINE STAYS THE SAME

30 DURATION SEC

RECOVER RUN

↓ 3 INCLINE

1 DURATION MIN

FULL ON SPRINT

INCLINE STAYS THE SAME

30 DURATION SEC

RECOVER/COOL DOWN

BASE RUN/BRISK WALK

2 INCLINE

2 DURATION MIN

WALK

0 INCLINE

3 DURATION MIN

30 MINUTE WORKOUT