

# treadmill (27 MINUTES)

	Time in minutes	OTF pace	Target heart rate % max	Speed, joggers in mph	Speed, runners in mph
BLOCK 1	3	warmup	61 to 70	4 (brisk walk)	5 (light jog)
	2	base	71 to 83	4.5 to 5.5	5.5 or faster
	3	push	84 to 91	5.5 to 7.5	6.5 or faster
	2	base	71 to 83	4.5 to 5.5	5.5 or faster
	1	all-out*	84 to 100	6.5 or faster	7.5 or faster
	1	walk		3 to 4	3 to 4
BLOCK 2	1	base	71 to 83	4.5 to 5.5	5.5 or faster
	2	push	84 to 91	5.5 to 7.5	6.5 or faster
	1	base	71 to 83	4.5 to 5.5	5.5 or faster
	2	push	84 to 91	5.5 to 7.5	6.5 or faster
	1	base	71 to 83	4.5 to 5.5	5.5 or faster
	1	all-out	84 to 100	6.5 or faster	7.5 or faster
	1	walk		3 to 4	3 to 4
BLOCK 3	1	all-out	84 to 100	6.5 or faster	7.5 or faster
	1	walk		3 to 4	3 to 4
	1	all-out	84 to 100	6.5 or faster	7.5 or faster
	1	walk		3 to 4	3 to 4
	1	all-out	84 to 100	6.5 or faster	7.5 or faster
	1	walk		3 to 4	3 to 4

\*Your all-out pace should be so challenging that it completely empties your tank and you have to walk afterward. Adjust these estimates as needed.