

Treadmill – MaxSpeed, 12 minutes

Warm up – 2 minutes

Speed	Time in seconds
4.0	30
5.0	30
6.0	30
7.0	30

Running – jump aside and increase the pace during the rest – 8 minutes 40 seconds

Speed	Time in seconds	Rest in seconds
10.0	20	20
12.0	20	30
14.0	20	40
16.0	20	50
18.0	30	60
19.0	30	60
19.5	30	60
20.0	30	

Cool down – 1 minute 20 seconds

Speed	Time in seconds
6.0	30
5.0	30
4.0	20

