# RUN - RUN TEST

## WORKOUT SETS

| WARM UP | TIME (Min) | EFFORT |
|---|---|---|
| Easy Warm Up Jog | 5 | Z1 - Z2 |
| LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH | 5 | per side |
| | | |
| **MAIN SET** | **REPS** | **EFFORT** |
| **SET 1** | | |
| 10 Min Easy Run // Walk recovery 3 min | 1 | 80% |
| | | |
| **SET 2** | | |
| Run 1.5 miles all out // make sure to hit lap button at start and finish | 1 | 110% |
| | | |
| **SET 3** | | |
| 3 Min recovery walk | 1 | |

copyright Set The Pace Media Marketing LLC 2017

| COOL DOWN | TIME (Min) | EFFORT |
|---|---|---|
| Easy Cool Down Jog | 10 | Z1 - Z2 |
| Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg | Each Side | |