

**RUN // AEROBIC LONG + FARTLEK**

<b>WORKOUT SETS</b>			<b>A</b>	<b>B</b>	<b>C</b>
<b>WARM UP</b>			<b>135.00</b>	<b>100.00</b>	<b>65.00</b>
<u>WARM UP</u>	<u>REPS</u>	<u>EFFORT</u>	<u>Time (Min)</u>	<u>Time (Min)</u>	<u>Time (Min)</u>
Easy Warm Up Jog	1	Z1 - Z2	5	5	5
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH, CARS	1	per side	5	5	5
<u>MAIN SET</u>	<u>REPS</u>	<u>EFFORT</u>	<u>TIME</u>	<u>TIME</u>	<u>TIME</u>
<b>SET 1</b>					
Run Z1/Z2 aerobic effort	1	Z1/Z2	45	30	15
Run Z4 just above race effort	1	Z4	20	15	10
Run Z3 just below race effort	1	Z3	20	15	10
Run Z4 just above race effort	1	Z4	15	10	5
Run Z3 just below race effort	1	Z3	20	15	10
<small>copyright Set The Pace Media Marketing LLC 2018</small>					
<u>COOL DOWN</u>	<u>REPS</u>	<u>EFFORT</u>	<u>Time (Min)</u>	<u>Time (Min)</u>	<u>Time (Min)</u>
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	1	Each Side	5	5	5

[Visit www.SetThePaceTriathlon.com](http://www.SetThePaceTriathlon.com) for more triathlon goodness!