

<u>RUN // AT INTERVALS</u>			A	B	C
WORKOUT SETS			61.00	57.00	53.00
<u>WARM UP</u>	REPS	<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>	REPS	<u>EFFORT</u>	TIME	TIME	TIME
<u>SET 1</u>					
Run AT Interval ALL OUT // do not pace - just go all out from start	4	Z5 all out	7	5	4
Walk/jog recovery	4	Easy Recovery	2	3	3
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<u>COOL DOWN</u>	REPS	<u>EFFORT</u>	<u>Time (Min)</u>	<u>Time (Min)</u>	<u>Time (Min)</u>
Easy Cool Down Jog	1	Z1 - Z2	10	10	10
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 for more triathlon goodness!					