

RUN // TEMPO MILE INTERVALS

			A	B	C
WORKOUT SETS			85.00	65.00	45.00
<u>WARM UP</u>	REPS	EFFORT	Time (Min)	Time (Min)	Time (Min)
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	EFFORT	TIME (estimated)	TIME (estimated)	TIME (estimated)
<u>SET 1</u>					
Run Z3 race effort 1 mile	1	Z3	56	40	24
Jog/Walk 0.10 miles recovery between miles	1	Z2	14	10	6
	GROUP A = 7	SETS			
	GROUP B = 5	SETS			
	GROUP C = 3	SETS			
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<u>COOL DOWN</u>	REPS	EFFORT	Time (Min)	Time (Min)	Time (Min)
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

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