

**RUN // AEROBIC LONG + Z4 at end**

			A	B	C
<b>WORKOUT SETS</b>			<b>140.00</b>	<b>125.00</b>	<b>110.00</b>
<b><u>WARM UP</u></b>	<b>REPS</b>	<b><u>EFFORT</u></b>	<b><u>Time (Min)</u></b>	<b><u>Time (Min)</u></b>	<b><u>Time (Min)</u></b>
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
<b><u>MAIN SET</u></b>	<b>REPS</b>	<b><u>EFFORT</u></b>	<b>TIME</b>	<b>TIME</b>	<b>TIME</b>
<b><u>SET 1</u></b>					
Run Z1/Z2 aerobic effort	1	Z1/Z2	90	75	60
Run Z4 just above race pace 5 min + 5 min back to Z2	1	Z4/Z2	10	10	10
Run Z4 just above race pace 5 min + 5 min back to Z2	1	Z4/Z2	10	10	10
Run Z4 just above race pace 5 min + 5 min back to Z2	1	Z4/Z2	10	10	10
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<b><u>COOL DOWN</u></b>	<b>REPS</b>	<b><u>EFFORT</u></b>	<b><u>Time (Min)</u></b>	<b><u>Time (Min)</u></b>	<b><u>Time (Min)</u></b>
Easy Cool Down Jog	1	Z1 - Z2	5	5	5
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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