



20-40-4



keep warm up chill - it's just a warm up

| Treadmill Instructions | | | | For non-treadmill, follow this: | |
|-------------------------------|-------------|--------------------------|---|--|--|
| Segment | Time | Speed | Incline | Zone | RPE (how hard does it feel, 1-10) |
| Warm Up | 5 min | walk (2.5 - 3.5 mph) | 5-10% depending on what feels like a good warm up | 2 | 5-6 |
| 1 | :20 | Run (max) | 1% | 5 | 9-10 |
| | :40 | walk | 1% | 1 | 2-4 |
| | 4 min | incline walk or flat jog | 6-15% for walk, or 1% for jog | 2 | 5-6 |
| 2 | :20 | Run (max) | 1% | 5 | 9-10 |
| | :40 | walk | 1% | 1 | 2-4 |
| | 4 min | incline walk or flat jog | 6-15% for walk, or 1% for jog | 2 | 5-6 |
| 3 | :20 | Run (max) | 1% | 5 | 9-10 |
| | :40 | walk | 1% | 1 | 2-4 |
| | 4 min | incline walk or flat jog | 6-15% for walk, or 1% for jog | 2 | 5-6 |
| 4 | :20 | Run (max) | 1% | 5 | 9-10 |
| | :40 | walk | 1% | 1 | 2-4 |
| | 4 min | incline walk or flat jog | 6-15% for walk, or 1% for jog | 2 | 5-6 |
| 5 | :20 | Run (max) | 1% | 5 | 9-10 |
| | :40 | walk | 1% | 1 | 2-4 |
| | 4 min | incline walk or flat jog | 6-15% for walk, or 1% for jog | 2 | 5-6 |

30 minutes total - 5 min warm up, 20 minutes of zone 2, 1:40 in zone 5, 3:20 in zone 1