

9-1-1

For walk and jog - intensity should stay at CONVERSATIONAL pace - no more than a 6 out of 10 difficulty (if jogging is too fast, fast walk at 1%)

For run, aim for an 8-9 out of 10 difficulty.

Segment	Time	Speed	Incline	For other devices:
1	9 min	Walk (2.5 - 3.5 mph)	5-12% (what feels like a 6 out of 10)	Zone 2 (4-6 out of 10 difficulty)
	1 min	Run (8 out of 10)	1%	Zone 4-5 (8-9 out of 10 difficulty)
	1 min	Jog or power walk (6 out of 10)	1%	Zone 2
2	9 min	Walk	5-12%	Zone 2
	1 min	Run	1%	Zone 4-5
	1 min	Jog	1%	Zone 2
3	9 min	Walk	5-12%	Zone 2
	1 min	Run	1%	Zone 4-5
	1 min	Jog	1%	Zone 2

That totals 33 min, 27 min at low intensity, 6 min at moderate-high intensity