



Beginner Workout

Adjust speed as needed.

Time	Speed	Incline
0:00-5:00	3.5	1.0
5:00-10:00	3.5	1.0
10:00-12:00	5.5	1.0
12:00-16:00	3.5	1.0
16:00-18:00	5.5	1.0
18:00-22:00	3.5	1.0
22:00-24:00	5.8	1.0
24:00-28:00	3.5	1.0
28:00-30:00	5.8	1.0
30:00-35:00	3.5	1.0
35:00-40:00	3.0	1.0

Running Hills

Warm up, increase the incline and then bring it on home.

Time	Speed	Incline
0:00-5:00	5.0	1.0
5:00-8:00	6.5	1.0
8:00-13:00	6.0	2.0
13:00-18:00	6.0	3.0
18:00-23:00	6.0	4.0
23:00-28:00	6.0	3.0
28:00-33:00	6.0	2.0
33:00-38:00	6.0	1.0
38:00-43:00	5.0	1.0

Intermediate Intervals

Warm up, run fast, recover, repeat.

Time	Speed	Incline
0:00-5:00	3.5	1.0
5:00-10:00	4.0	2.0
10:00-12:00	6.5	1.0
12:00-13:00	3.5	1.0
13:00-15:00	6.6	1.0
15:00-16:00	3.5	1.0
16:00-18:00	6.7	1.0
18:00-19:00	3.5	1.0
19:00-21:00	6.8	1.0
21:00-22:00	3.5	1.0
22:00-24:00	6.9	1.0
24:00-25:00	3.5	1.0
25:00-27:00	7.0	1.0
27:00-28:00	3.5	1.0
28:00-30:00	7.1	1.0
30:00-40:00	3.5	1.0

Sprint Intervals

Time	Speed	RPE*	
Warm up	0:00-5:00	5.0	3
Sprint	5:00-6:00	8.0	7-8.5
Recover	6:00-7:00	5.0	3-5
Sprint	7:00-8:00	8.0	7-8.5
Recover	8:00-9:00	5.0	3-5
Sprint	9:00-10:00	8.0	7-8.5
Recover	10:00-11:00	5.0	3-5
Sprint	11:00-11:45	9.0	7-8.5
Recover	11:45-12:45	5.0	3-4
Sprint	12:45-13:30	9.0	7-8.5
Recover	13:30-14:30	5.0	3-4
Sprint	14:30-15:15	9.0	7-8.5
Recover	15:15-16:15	5.0	3-4
Sprint	16:15-16:45	10.0	7-8.5
Recover	16:45-17:45	5.0	3-4
Sprint	17:45-18:15	10.0	7-8.5
Recover	18:15-19:15	5.0	3-4
Sprint	19:15-19:45	10.0	7-8.5
Recover	19:45-20:45	5.0	3-4
Cool down	20:45-26:00	3.5	2-3