



Interval Run #1

You can walk during the “Recovery Jog” if that better fits your current fitness level.

Warm Up

(5-8 minutes to prepare your body for the workout)

Jog – 5 Min

Sprint- 30 Sec

Recovery Jog– 1 Min

Sprint – 60 Sec

Recovery Jog – 1 Min 30 Sec

Sprint – 1 Min 30 Sec

Recovery Jog – 2 Min

Sprint – 1 Min 30 Sec

Recovery Jog – 2 Min

Sprint – 60 Sec

Recovery Jog – 1 Min 30 Sec

Sprint – 30 Sec

Recovery Jog – 5 Min

Cool Down & Stretch