

PROG		SEGMENT			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	COOL DOWN			
		WARM UP																											40	30	20	
Hill	Speed %	20	30	40	50	60	60	70	70	70	80	80	70	80	80	100	100	70	80	80	70	70	80	80	70	60	60	50	40	30	20	
	Incline %	0	0	0	0	20	40	60	60	80	60	60	80	80	100	60	60	80	60	60	80	80	100	80	60	20	20	0	0	0	0	
	Speed 4	0.8	1.2	1.6	2	2.4	2.4	2.8	2.8	2.8	3.2	3.2	2.8	3.2	3.2	4	4	2.8	3.2	3.2	2.8	2.8	3.2	3.2	2.8	2.4	2.4	2	1.6	1.2	0.8	
	Incline 5	0	0	0	0	1	2	3	3	4	3	3	4	4	5	3	3	4	3	3	4	4	5	4	3	1	1	0	0	0	0	
Fatburn	Speed %	20	30	40	50	60	60	70	80	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	80	70	60	50	40	30	20	
	Incline %	0	0	0	0	16.7	33.3	50	50	50	66.7	83.3	50	50	66.7	66.7	50	50	33.3	33.3	50	66.7	83.3	100	66.7	33.3	16.7	0	0	0	0	
	Speed 3	0.6	0.9	1.2	1.5	1.8	1.8	2.1	2.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2.4	2.1	1.8	1.5	1.2	0.9	0.6	
	Incline 6	0	0	0	0	1	2	3	3	3	4	5	3	3	4	4	3	3	2	2	3	4	5	6	4	2	1	0	0	0	0	
Cardio	Speed %	20	30	40	50	60	60	70	70	70	80	70	70	80	80	60	70	80	80	70	70	70	100	70	80	60	60	50	40	30	20	
	Incline %	0	0	0	0	25	25	25	50	50	50	75	50	50	75	75	25	50	75	75	50	50	100	100	50	75	25	25	0	0	0	0
	Speed 4	0.8	1.2	1.6	2	2.4	2.4	2.8	2.8	2.8	3.2	2.8	2.8	3.2	3.2	2.4	2.8	3.2	3.2	2.8	2.8	2.8	4	2.8	3.2	2.4	2.4	2	1.6	1.2	0.8	
	Incline 4	0	0	0	0	1	1	1	2	2	2	3	2	2	3	3	1	2	3	3	2	2	4	4	2	3	1	1	0	0	0	0
Strength	Speed %	20	30	40	60	60	70	70	70	70	80	80	80	80	80	100	100	100	100	80	80	80	80	70	70	70	60	60	60	40	30	20
	Incline %	0	0	0	0	12.5	25	50	62.5	62.5	75	100	87.5	87.5	75	62.5	50	37.5	37.5	50	50	62.5	87.5	87.5	62.5	50	37.5	12.5	0	0	0	0
	Speed 4	0.8	1.2	1.6	2.4	2.4	2.8	2.8	2.8	2.8	3.2	3.2	3.2	3.2	4	4	4	4	4	3.2	3.2	3.2	3.2	2.8	2.8	2.4	2.4	2.4	1.6	1.2	0.8	
	Incline 8	0	0	0	0	1	2	4	5	6	8	7	7	6	5	4	3	3	4	4	5	7	7	5	4	3	1	0	0	0	0	
Interval	Speed %	20	30	40	50	60	60	70	80	100	60	60	70	80	100	60	70	100	60	70	100	60	70	80	70	60	60	50	40	30	20	
	Incline %	0	0	0	0	12.5	25	37.5	62.5	75	25	37.5	62.5	75	87.5	25	37.5	87.5	25	37.5	100	25	37.5	62.5	50	37.5	12.5	0	0	0	0	
	Speed 4	0.8	1.2	1.6	2	2.4	2.4	2.8	3.2	4	2.4	2.4	2.8	3.2	4	2.4	2.8	4	2.4	2.8	4	2.4	2.8	3.2	2.8	2.4	2.4	2	1.6	1.2	0.8	
	Incline 8	0	0	0	0	1	2	3	5	6	2	3	5	6	7	2	3	7	2	3	8	2	3	5	4	3	1	0	0	0	0	

Session Time	Segment Time	Clock																							
10:25	30	10:00	9:35	9:10	8:45	8:20	7:55	7:30	7:05	6:40	6:15	5:50	5:25	5:00	4:35	4:10	3:45	3:20	2:55	2:30	2:05	1:40	1:15	0:50	0:25
12:30	30	12:00	11:30	11:00	10:30	10:00	9:30	9:00	8:30	8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00	0:30
24:60	60	24:00	23:00	22:00	21:00	20:00	19:00	18:00	17:00	16:00	15:00	14:00	13:00	12:00	11:00	10:00	9:00	8:00	7:00	6:00	5:00	4:00	3:00	2:00	1:00
36:90	90	36:00	34:30	33:00	31:30	30:00	28:30	27:00	25:30	24:00	22:30	21:00	19:30	18:00	16:30	15:00	13:30	12:00	10:30	9:00	7:30	6:00	4:30	3:00	1:30
48:120	120	48:00	46:00	44:00	42:00	40:00	38:00	36:00	34:00	32:00	30:00	28:00	26:00	24:00	22:00	20:00	18:00	16:00	14:00	12:00	10:00	8:00	6:00	4:00	2:00
60:150	150	60:00	57:30	55:00	52:30	50:00	47:30	45:00	42:30	40:00	37:30	35:00	32:30	30:00	27:30	25:00	22:30	20:00	17:30	15:00	12:30	10:00	7:30	5:00	2:30
Segment		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24

