

ULTIMATE INTERVAL MASHUP | RUN

POPSUGAR

The three versions of this interval workout increase in intensity; choose the plan that best suits your fitness needs.

TIME	SPEED	INCLINE	NOTES
0:00-5:00	4.5	0.0	Warmup
5:00-6:00	5.0	0.0	Rabbit One
6:00-7:00	5.5	0.0	Rabbit One
7:00-8:00	6.0	0.0	Rabbit One
8:00-9:00	5.0	0.0	Rabbit Two
9:00-10:00	5.5	0.0	Rabbit Two
10:00-11:00	6.0	0.0	Rabbit Two
11:00-12:00	5.0	0.0	Rabbit Three
12:00-13:00	5.5	0.0	Rabbit Three
13:00-14:00	6.0	0.0	Rabbit Three
14:00-15:00	3.5	0.0	Recover
15:00-16:00	6.0	0.0	Fast
16:00-17:00	5.0	0.0	Easy
17:00-18:00	6.0	0.0	Fast
18:00-19:00	5.0	0.0	Easy
19:00-20:00	6.0	0.0	Fast
20:00-21:00	5.0	0.0	Easy
21:00-22:00	6.0	0.0	Fast
22:00-23:00	5.0	0.0	Easy
23:00-24:00	6.0	0.0	Fast
24:00-25:00	5.0	0.0	Easy
25:00-26:00	6.0	0.0	Fast
26:00-27:00	5.0	0.0	Recover
27:00-27:30	6.0	5.5	Hill Run One
27:30-28:30	3.5	0.0	Easy
28:30-29:00	6.0	6.0	Hill Run Two
29:00-30:00	4.0	0.0	Easy
30:00-30:30	5.5	6.0	Hill Run Three
30:30-31:30	4.0	0.0	Easy
31:30-32:00	5.5	6.0	Hill Run Four
32:00-33:00	4.0	0.0	Easy
33:00-33:30	5.5	6.0	Hill Run Five
33:30-34:30	4.0	0.0	Easy
34:30-35:00	5.5	6.0	Hill Run Six
35:00-36:00	4.0	0.0	Easy
36:00-36:30	5.5	6.0	Hill Run Seven
36:30-37:30	4.0	0.0	Easy
37:30-38:00	5.5	6.0	Hill Run Eight
38:00-39:00	4.0	0.0	Easy
39:00-39:30	5.5	6.0	Hill Run Nine
39:30-40:30	4.0	0.0	Easy
40:30-41:00	5.5	6.0	Hill Run Ten
41:00-46:00	3.5	0.0	Cooldown