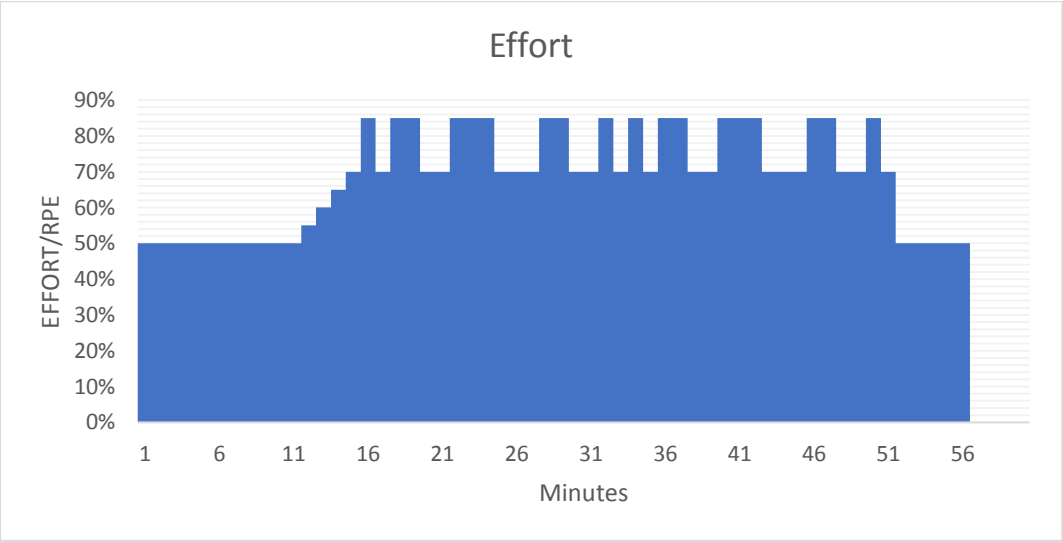
April 21st 2020

Fartlek Pyramid		**Effort**	**Cadence**
Warm up	15	50-70%	75 - 80
<u>Main SET 18 minutes x 2</u>			
The shorter the interval, the harder/faster the pace.			
	-		
I min hard	1	85%	90
1 min easy	1	70%	90+
2 min hard	2	85%	90
2 mins easy	2	70%	90+
3 mins hard	3	85%	90
3 mins easy	3	70%	90+
2 mins hard	2	85%	90
2 mins easy	2	70%	90+
I min hard	1	85%	90
1 min easy	1	70%	90+
Repeat	18		
Cool Down	10	50%	
total	61		
High Intensity minutes	18	30%	
Medium Intensity minutes	18	30%	
Low Intensity minutes	25	41%