

FIT TO RUN

Interval

Each round:
run 30 seconds hard
recover 90 seconds
8 rounds

hard effort



easy effort

**RPE
7-9**

**RPE
2-3**

**30
SECS**

1

**90
SECS**

**30
SECS**

2

**90
SECS**

**30
SECS**

3

**90
SECS**

**30
SECS**

4

**90
SECS**

**30
SECS**

5

**90
SECS**

**30
SECS**

6

**90
SECS**

**30
SECS**

7

**90
SECS**

**30
SECS**

8

**90
SECS**

cool down