

Hilly!				
Warmup	15 mins			
Activity	1	6%	moderate	8-9kph
	1	0.50%	recovery	10kph
	2	6%	moderate	8-9kph
	2	0.50%	recovery	10kph
	3	6%	moderate	8-9kph
	3	0.50%	recovery	10kph
	4	6%	moderate	8-9kph
	4	0.50%	recovery	10kph
	5	6%	moderate	8-9kph
	5	0.50%	recovery	10kph
	4	6%	moderate	8-9kph
	4	0.50%	recovery	10kph
	3	6%	moderate	8-9kph
	3	0.50%	recovery	10kph
	2	6%	moderate	8-9kph
	2	0.50%	recovery	10kph
	1	6%	moderate	8-9kph
	1	0.50%	recovery	10kph
Cool down	10 mins			

Hut, Hut, Hike			
Warmup	15 mins		
Activity	0.75	2%	7-9kph
	0.25	15%	4kph
	0.75	2%	7-9kph
	0.25	15%	4kph
	0.75	2%	7-9kph
	0.25	15%	4kph
	0.75	2%	7-9kph
	0.25	15%	4kph
	0.75	2%	7-9kph
	0.25	15%	4kph
	0.75	2%	7-9kph
	0.25	15%	4kph
Cool down	10 mins		

Super Threshold 1's			
Warmup	2km		
Activity	8 x	1km	16.5-17kph
	Alternate	8 x	1km
			10kph
Cool down	2km		

Sub to Super 20			
Warmup	10mins		
Activity	20mins	Sub Threshold	12kph
	20mins	Super Threshold	16.5kph
Cooldown	10mins		

Super Threshold 400's			
Warmup	10mins		
Activity	20 x	400m	16.5-17kph
Alternate	90 second	recovery	10kph
Cool down	10mins		