

How Far Can You Go in 15!

Event	Repeats	Description	Zones	Duration (min)	Distance (miles)
Warm-Up	--	Easy to a very fast sport specific warm-up.	Z1-Z2	5	~
Main Set	2x	Run/swim/bike/ski at a constant heart rate for 15 minutes. Measure the distance traveled.	Midpoint Z ₃ 75 percent maximum heart rate	30	2-4 miles
Recovery	1x	Between the 15-minute all-out efforts take a two-minute active recovery before you begin the second effort.		2 min	.2 miles
Cool Down		Easy walk or slog	Z1	5	~
			Summary:	25-40 minutes	It depends

Tips -

Purpose: To measure your current level fitness for any sport activity by measuring distance traveled with intensity, heart rate fixed and heart rate as a percent of maximum, fixed. The farther you go the fitter you are.

Equipment: This is an excellent workout indoors on any cardiovascular equipment.