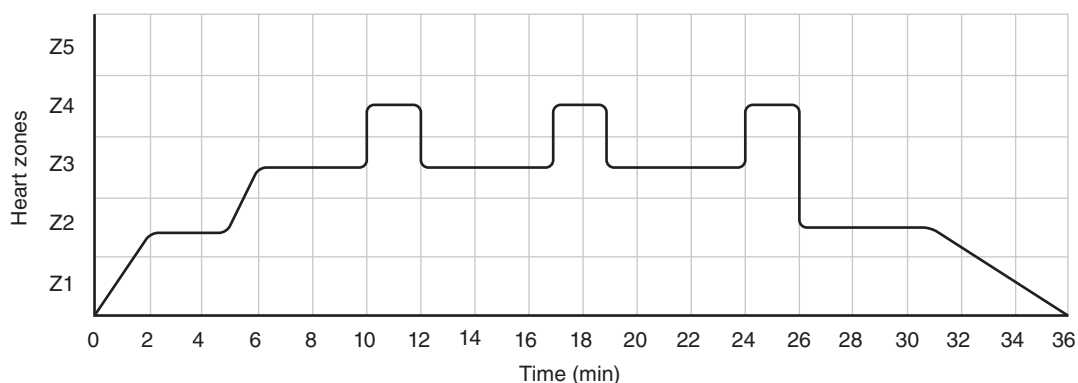


TRAILIN' WORKOUT



Instructions

This 36-minute workout includes five intervals and involves four zones. After an adequate warm-up, you do a five-minute stint in zone 3 and then increase your intensity to the midpoint of zone 4. Stay there for two minutes. Repeat the cycle twice more and recover to zone 2 for five minutes. Cool down.



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	5	2	10
Increase to zone 3.	5	3	15
Increase to zone 4.	2	4	8
Decrease to zone 3.	5	3	15
Increase to zone 4.	2	4	8
Decrease to zone 3.	5	3	15
Increase to zone 4.	2	4	8
Decrease to zone 2.	5	2	10
Cool-down	5	1	5
Totals	36	Four zones	94