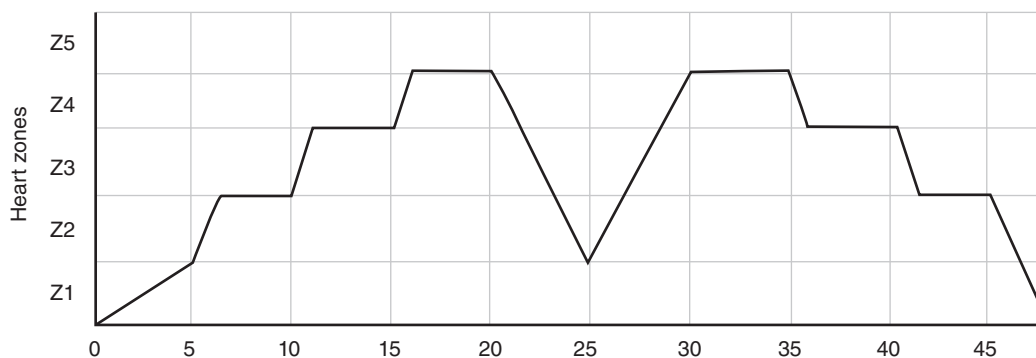


SISTER'S RUN



This gentle endurance run challenges you to go longer than in previous workouts while you repeat the series.



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	5	1	5
Increase to floor of zone 2.	5	2	10
Increase to floor of zone 3.	5	3	15
Increase to floor of zone 4.	5	4	20
Decrease to zone 1 and immediately begin the climb back to floor of zone 3.	5	1	5
Increase to floor of zone 4.	5	4	20
Decrease to floor of zone 3.	5	3	15
Decrease to floor of zone 2.	5	2	10
Cool-down	5	2	10
Totals	45	Four zones	115