

GUN IT INTERVAL RUNNING



SESSION OVERVIEW

Total Time: 30-45 minutes

Goal: Improve cardiovascular health, burn calories, and build stamina through interval-based movement.

An important reminder when running is to say consistent, even when things may start to feel easy. Remind yourself to stay on track with the program as often pushing ourselves past a speed that our bodies are not ready for can cause injuries

PHASE 1 - WARM-UP (5 MINS)

- 2 min: Easy walk (breathe, roll shoulders)
- 3 min: Brisk walk (elevate heart rate)

PHASE 2 - INTERVAL BATTLE

Choose your tier:

Tier 1 - Beginner | 30 mins

- 1 min run (light jog)
- 2 min walk (brisk)

Repeat 8-10 rounds

Tier 2 - Intermediate | 35 mins

- 2 min run (steady pace)
- 1 min walk

Repeat 10 rounds

Tier 3 - Advanced | 40 mins

- 4 min run (tempo pace)
- 1 min walk
- 1 min fast run (near sprint)
- 1 min walk

Repeat 6-8 rounds

PHASE 3 - COOL DOWN (5 MINS)- 3 min slow walk

- 2 min light stretching

GUN IT TO SHRED IT

TREADMILL SPEED CHART

Use this guide to match your pace goals on the treadmill
Speeds are listed in km/h.

EFFORT LEVEL	PACE (MIN/KM)	SPEED
Brisk Walk	12,00	5,0
Fast Walk	10,00	7,5
Light Jog	7,5	7,5
Steady Jog	6,0	6,2
Easy Run	5,30	6,0
Tempo Run	5,30	13,3
10K Race Pace	5,00	15,0
Strong Effort Run	4,30	15,0
Sprint Zone	4,00	20,0
High-Speed Sprint	3,00	20,0