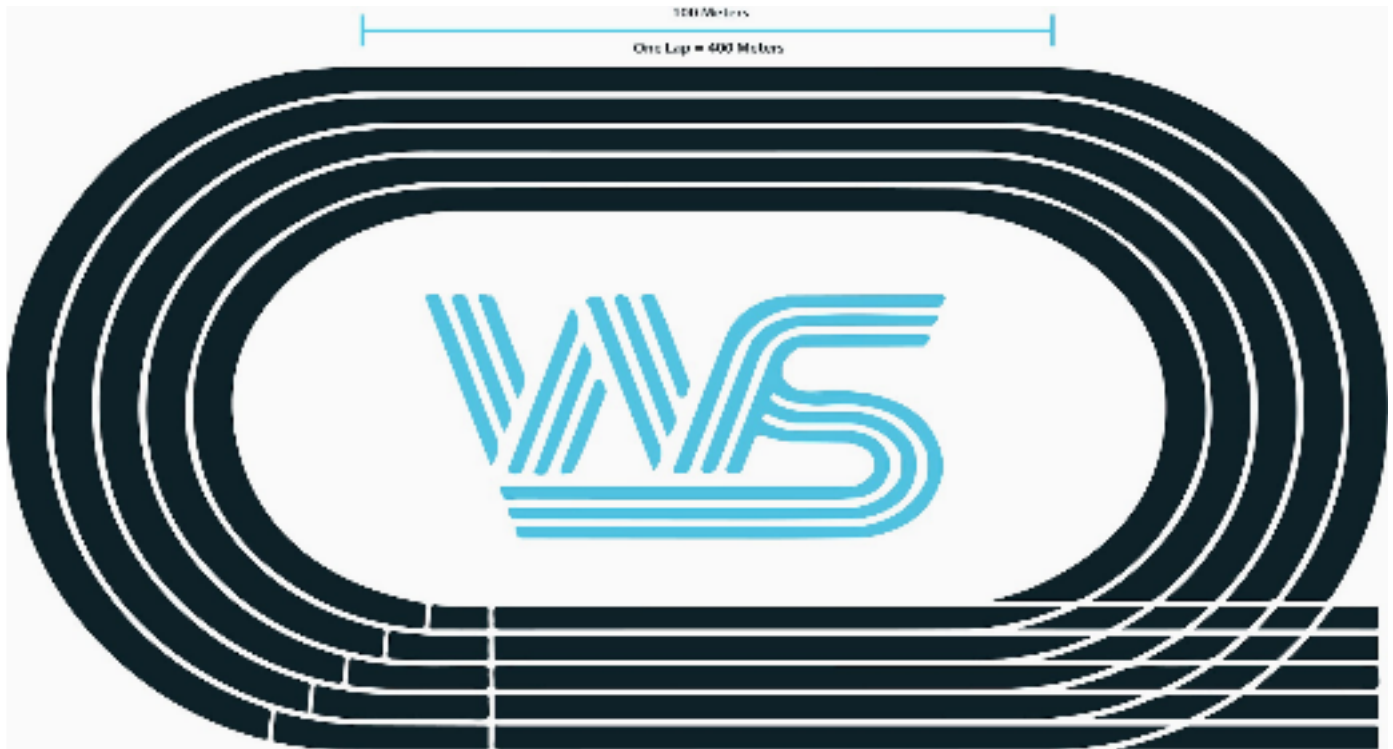




WELLSPORT

Track Workout



Interval	Sprint	Jog/Walk
Lap 1	100 m	300 m
Lap 2	200 m	200 m
Lap 3	300 m	100 m
Lap 4	400 m	0 m
Lap 5 (rest)	0 m	400 m
Lap 6	300 m	100 m
Lap 7	200 m	200 m
Lap 8	100 m	300 m
Lap 9 (cool down)	0 m	400 m