

# SHAPE | ZERO TO 10 IN 30

<b>TIME (MINS)</b>	<b>WHAT TO DO</b>	<b>BEG-INT SPEED (MPH)</b>	<b>ADVANCED SPEED (MPH)</b>
0 - 3	Warm-up	Gradually increase your pace to 5.5	Gradually increase your pace to 6.5
3 - 6	Run	6.5	7.5
6 - 7.25	Sprint	8.0 (or as fast as you can)	9.0 (or as fast as you can)
7.25 - 10.25	Run	6.5	7.5
10.25 - 11.5	Sprint	8.3	9.3
11.5 - 14.5	Run	6.0	7.0
14.5 - 15.75	Sprint	8.5	9.5
15.75 - 18.75	Run	6.0	7.0
18.75 - 20	Sprint	8.7	9.7
20 - 23	Run	6.5	7.5
23 - 24.25	Sprint	9.0	10.0
24.25 - 26	Run	6.5	7.5
26 - 30	Cool-down	5.5 (gradually decrease speed at min. 29)	6.5 (gradually decrease speed at min. 29)