

<b>Run/PT</b>	<b>Run Set Details</b>	<b>PT Set Details</b>
R1	3 mile LSD at 8:30 pace p/mile	5 stations 3:00 per station. Front planks, pull ups, push ups, flutter kicks, sit ups.
R2	3.5 miles LSD at 8:30 pace p/mile	
R3	3.5 miles at 8:15 pace p/mile	
R4	31 minute LSD (self paced)	
R5	4 miles at 8:15 pace p/mile	
R6	4 miles at 8:10 pace p/mile	
R7	35 minute LSD (self paced)	
R8	40 minute LSD (self paced)	
R9	4 x 1 mile repeats on 10:00 center	
R10	5 miles at 8:00 pace p/mile	
R11	50 minute LSD (self paced)	
R12	40 minute Fartlek (speed play)	
R13	55 minute LSD (self paced)	
R14	60 minute LSD (self paced)	
R15	4 mile test set	

## RTC Run progression