

MOVE: INTERVAL RUN

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Discover	WARM UP	Upright Cycle	No more than 60%	Medium intensity	5-7 Minutes	1-3
		Stretching	N/A	Basic leg stretches	5 Minutes	N/A
	PROGRAMME EXERCISE	Treadmill	60%	Brisk walk	500 Metres	
		Treadmill	80%	Run	100 Metres	
		Treadmill	60%	Brisk walk	400 Metres	
		Treadmill	80%	Run	100 Metres	
		Treadmill	60%	Brisk Walk	300 Metres	
		Treadmill	80%	Run	100 Metres	
		Treadmill	60%	Brisk walk	200 Metres	
	COOL DOWN	Recumbent cycle	Ease down to resting	Low intensity	5 Minutes	1
		Stretching	N/A	All areas of body	5-10 Minutes	N/A

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Explore	WARM UP	Upright Cycle	No more than 60%	Medium intensity	5-7 Minutes	1-3
		Stretching	N/A	Basic leg stretches	5 Minutes	N/A
	PROGRAMME EXERCISE	Treadmill	70%	Jog	1 Kilometre	
		Treadmill	85%	Run	150 Metres	
		Treadmill	70%	Jog	400 Metres	
		Treadmill	85%	Run	150 Metres	
		Treadmill	70%	Jog	300 Metres	
		Treadmill	85	Run	150 Metres	
		Treadmill	70%	Jog	200 Metres	
	COOL DOWN	Recumbent cycle	Ease down to resting	Low intensity	5-10 Minutes	1
		Stretching	N/A	Development stretch	5-10 Minutes	N/A

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Excel	WARM UP	Upright Cycle	No more than 60%	Medium intensity	5-7 Minutes	1-3
		Stretching	N/A	Basic leg stretches	5 Minutes	N/A
	PROGRAMME EXERCISE	Treadmill	75%	Jog	1 Kilometre	
		Treadmill	95%	Sprint	150 Metres	
		Treadmill	75%	Jog	500 Metres	
		Treadmill	95%	Sprint	150 Metres	
		Treadmill	75%	Jog	250 Metres	
		Treadmill	95%	Sprint	150 Metres	
		Treadmill	75%	Jog	500 Metres	
	COOL DOWN	Recumbent cycle	Ease down to resting	Low intensity	5-10 Minutes	1
		Stretching	N/A	All areas of body	5-10 Minutes	N/A