

Example Interval Running Sheet

Minute	Speed (MPH)	Speed (KPH)
1	4	6.4
2	4	6.4
3	5	8
4	6	9.65
5 (Peak)	7	11
6	4	6.4
7	5	8
8	6	9.65
9 (Peak)	7	11
10	4	6.4
11	5	8
12	6	9.65
13 (Peak)	7	11
14	4	6.4
15	5	8
16	6	9.65
17	7	11
18 (Peak)	8	12.87
19	4	6.4
20	4	6.4