2 Mile Run Incline: 0.5																				
	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt
	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time
	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]
Mile Interval	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed	Speed
0.0 - 0.1																				
0.1 - 0.2																				
0.2 - 0.3																				
0.3 - 0.4																				
0.4 - 0.5																				
0.5 - 0.6																				
0.6 - 0.7																				
0.7 - 0.8																				
0.8 - 0.9																				
0.9 - 1.0																				
1.0 - 1.1																				
1.1 - 1.2																				
1.2 - 1.3																				
1.3 - 1.4																				
1.4 - 1.5																				
1.5 - 1.6																				
1.6 - 1.7																				
1.7 - 1.8																				
1.8 - 1.9																				
1.9 - 2.0																				
	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes