

# ZONE 11 *Track*

Expected workout time: 30–35 minutes

## WARM-UP

- Run or jog the straightaways, walk the curves for 5 laps.

## MAIN SET (set 15-minute timer)

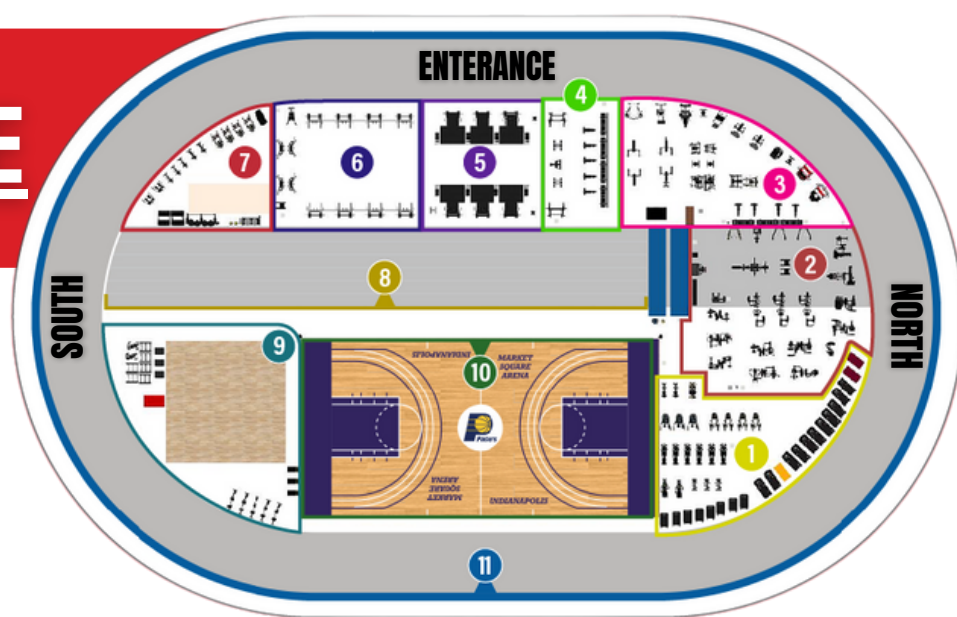
- Alternate 1 lap running or jogging > 1 lap walking.
- Adjust your pace as needed - consistency is the goal

## FINISHER (set 2-minute timer)

- 30 seconds jogging > 30 seconds walking

*Speak to a Health Fitness Specialist if you have questions about this workout!*

**SUBMIT YOUR ZONE**



Submit your workout for a chance to win a free  **DEKA** competition entry!