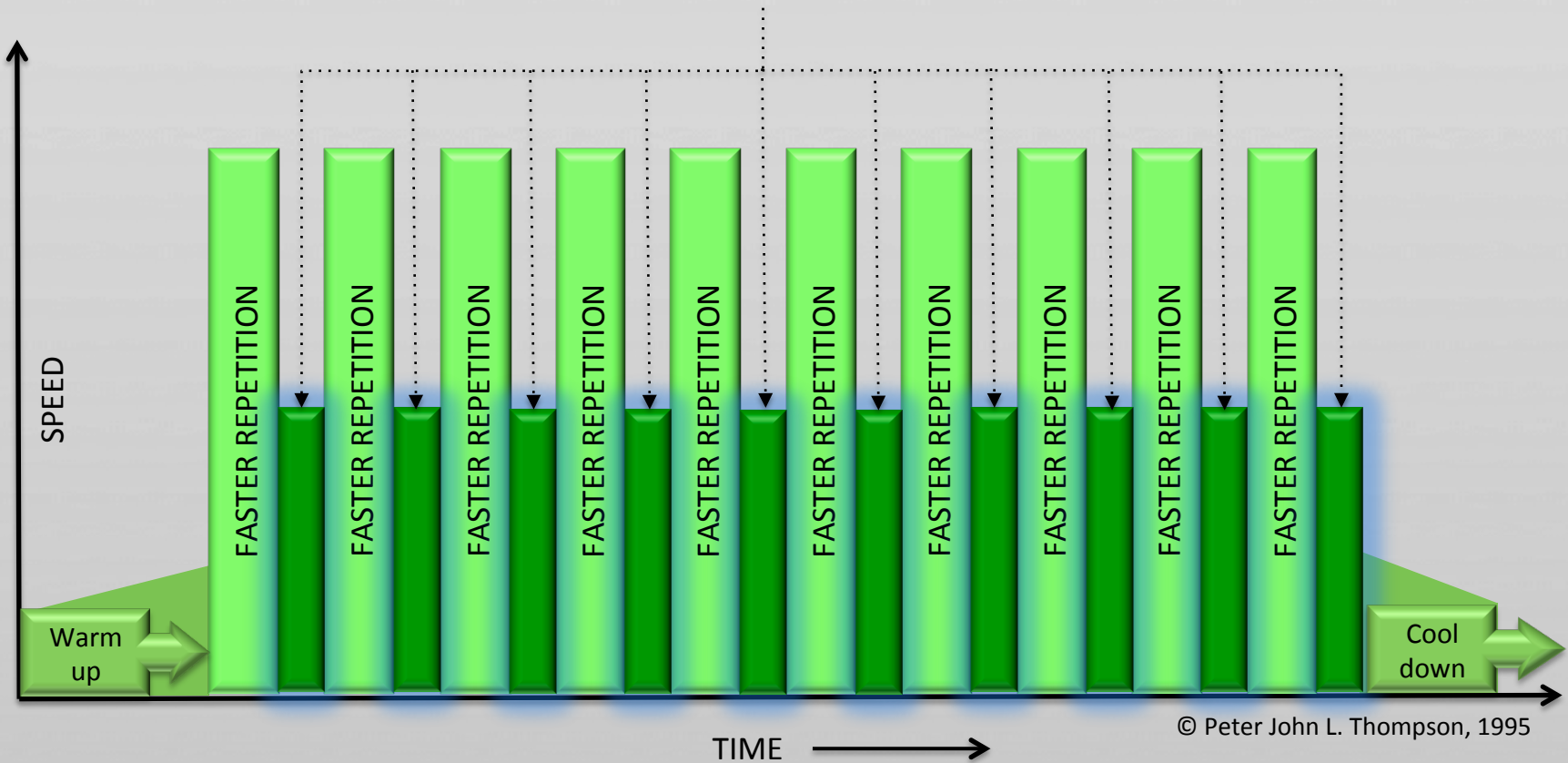


NEW INTERVAL TRAINING

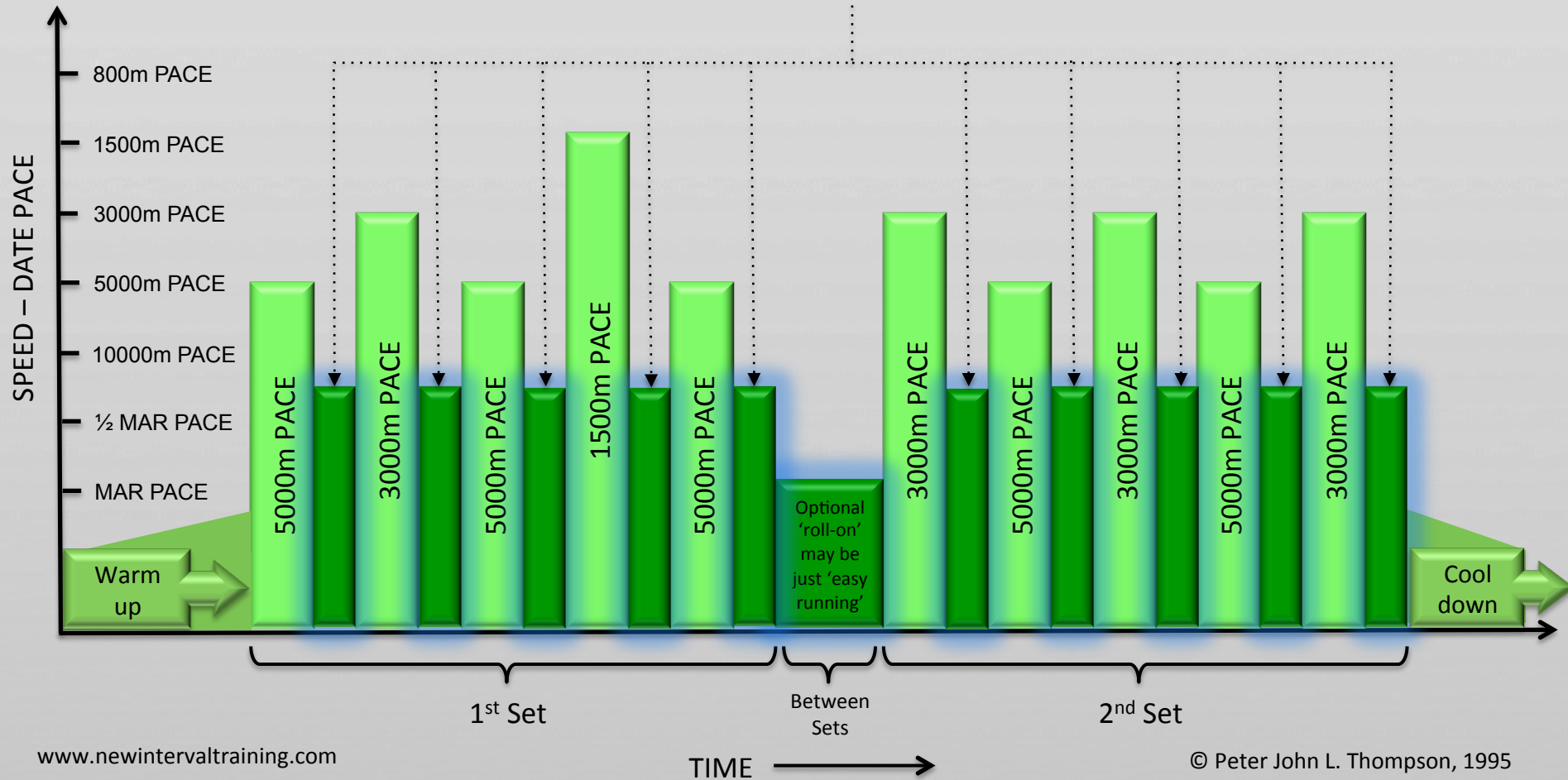
ACTIVE 'ROLL-ON' RECOVERY INTERVALS



The Training Effect takes place in the ACTIVE 'ROLL-ON' RECOVERY INTERVALS

NEW INTERVAL TRAINING: MULTI-PACE SETS

ACTIVE 'ROLL-ON' RECOVERY INTERVALS



The Training Effect is enhanced as the athlete utilises and clears differing amounts of lactate in each ACTIVE 'ROLL-ON' RECOVERY INTERVAL