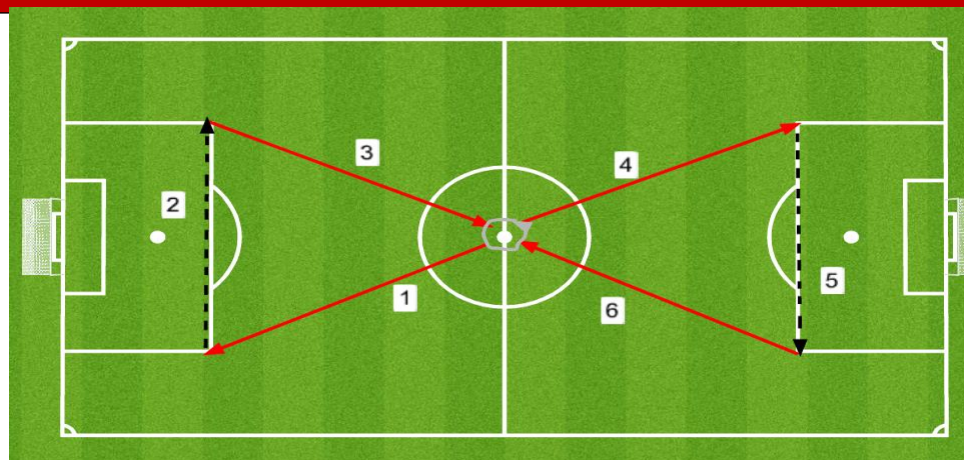


# Pitch Based HI Sessions

## Pitch Based HI



### Description

Red = HI run  
Black = jog  
Grey = side stepping area.

HI run line 1, jog line 2, HI run line 3, sidestep around grey area for 5-10s, HI run line 4, jog line 5, HI run line 6 = 1 rep.

Complete 4 reps, 2 mins rest, complete 4 reps, 2 mins rest, complete 4 reps.

### Sets x Reps & Rest

Complete 4 reps, 2 mins rest, complete 4 reps, 2 mins rest, complete 4 reps.

### Heart Rate Response

15 mins >85% MAX HR (Top 2 HR Zones)