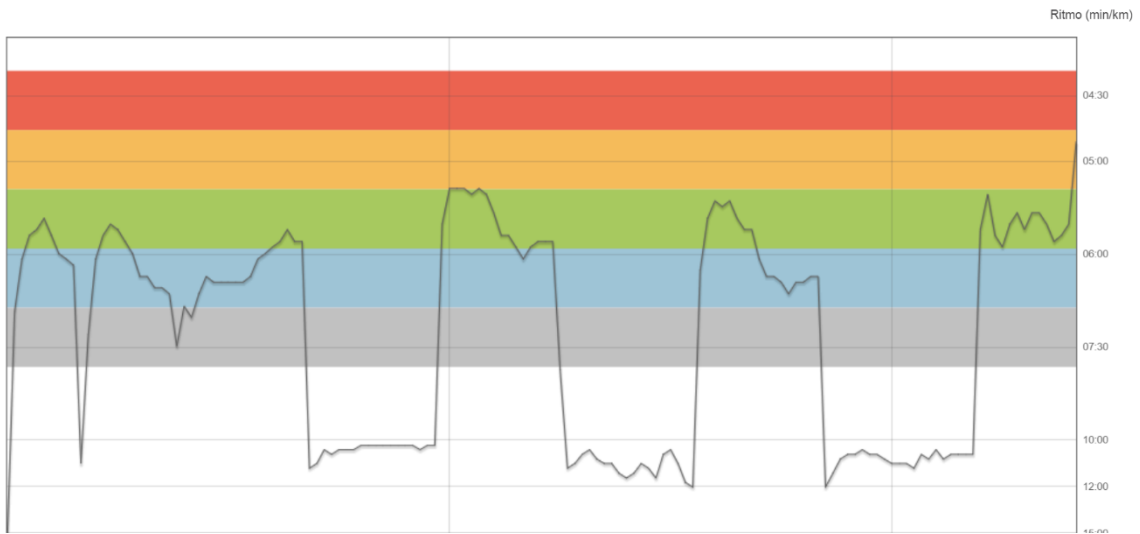


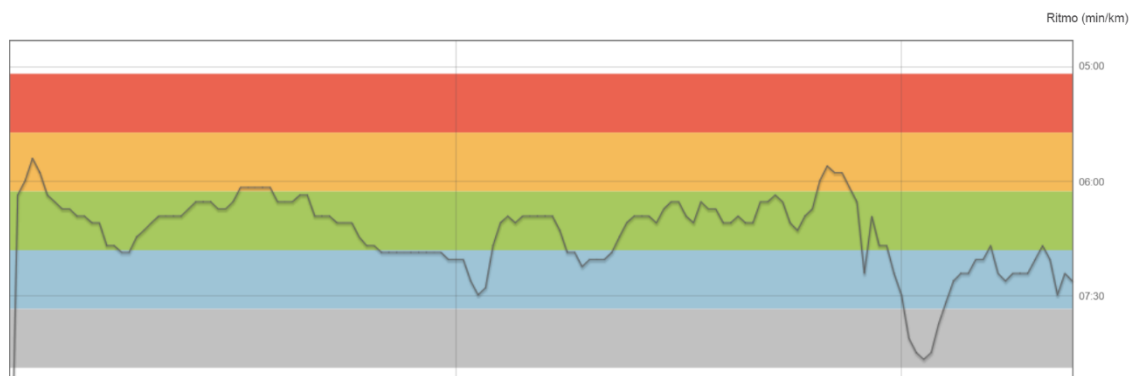
Frances Fisher, 12 min run testing

The line that you can see here is the pace or rhythm of the run, faster is near the top.

First run, included periods of walking, with a final sprint.



After a couple of weeks, we can see a continuous run but falling off near the end. This tells us that fitness has still to improve.



After one month, and a total of 14 training sessions Frances produced this very controlled run, the first half slower and the second faster, what we call a 'negative split' this is very good.

