A graph showing a running workout plan. The vertical axis represents speed in km/h, with levels at 5 km/h for the warm-up and 9 km/h for the run. The horizontal axis represents time in seconds, with key points at 240, 600, and 900 seconds.

- Warm-Up: 240 seconds at 5 km/h.
- Run: 600 seconds at 9 km/h.
- Cool-Down: 900 seconds.

Time marks include:
- 4 mins
- 6 mins
- 5 mins