

KEEP CLIMBING WITH THIS 30 MINUTE WORKOUT

TREADMILL

HILL INTERVALS

*Adjust speed and incline based on current fitness level

TIME	SPEED	INCLINE	NOTES
0 - 5	3.5	2	Warmup
5 - 7	4.5-5.5	3	Jog
7 - 9	4.5-5.5	7	Jog
9 - 10	6.5-7.5	0	Run
10 - 11	3	2	Recover
11 - 13	4.5-5.5	7	Jog
13 - 15	3.5-4.5	10	Walk/Jog
15 - 16	5.5-6.5	0	Run
16 - 17	3	2	Recover
17 - 19	4.5-5.5	7	Jog
19 - 21	3.5-4.5	12	Walk/Jog
21 - 22	6.0-7.0	0	Run
22 - 23	3	2	Recover
23 - 25	4.5-5.5	7	Jog
25 - 27	3.5-4.5	12	Walk/Jog
27 - 28	6.0-7.0	0	Run
28 - 30	3	0	Cooldown

