

**20 min Treadmill Intervals**

Time	Speed	Incline
0-2	6	5
2-4	6.5	4
4-6	7	3
6-8	7.5	2
8-10	8	1
10-10:45	2	15
10:45-11:15	6.8	15
11:15-12	2	15
12-12:30	6.9	15
12:30-13:15	2	15
13:15-13:45	7	15
13:45-14:30	2	15
14:30-15	7.1	15
15-15:45	2	15
15:45-16:15	7.2	15
16:15-17	2	15
17-17:30	7.3	15
17:30-18:15	2	15
18:15-18:45	7.4	15
18:45-19:30	2	15
19:30-20	7.5	15