

## Treadmill – Incline, 40 minutes

Warm up – 4 minutes

Incline	Speed	Time in seconds
2,0	4,0	60
3,0	4,0	60
4,0	4,5	60
5,0	4,5	60

Work out part 1 – 8 minutes

5,5	5,0	60
6,0	5,0	60
6,5	5,5	60
7,0	5,5	60
7,5	6,0	60
8,0	6,0	60
9,0	6,0	30
10,0	6,5	30
11,0	6,5	30
12,0	6,5	30

Relax part 1 – 2 minutes

0,0	5,0	120
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Work out part 2 – 7 minutes

11,0	7,0	30
12,0	6,8	30
13,0	6,6	30
14,0	6,4	30
15,0	6,2	30
16,0	6,2	30
16,5	6,0	30
17,0	6,0	30
17,5	5,8	30
18,0	5,8	30
18,5	5,6	30
19,0	5,4	30
19,5	5,2	30
20,0	5,0	30

Relax part 2 – 3 minutes

Incline	Speed	Time in seconds
0,0	5,0	180

Work out part 3 – 7 minutes

6,5	5,0	30
7,0	5,0	30
7,5	5,5	30
8,0	5,5	30
8,5	6,0	30
9,0	6,0	30
9,5	6,5	30
10,0	7,0	30
10,5	7,0	30
11,0	7,5	30
11,5	7,5	30
12,0	8,0	30
12,5	9,0	30
13,0	10,0	30

Relax part 3 – 3 minutes

0,0	5,0	180
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Work out part 4 – 3 minutes

10,0	7,0	30
12,0	7,0	30
14,0	7,0	30
16,0	7,0	30
18,0	7,0	30
20,0	7,0	30

Cool down – 3 minutes

6,0	6,0	60
5,0	2,5	60
4,0	0,0	60