

Treadmill – Pulse inspired interval training, 60 minutes

Warm up – 17 minutes

Speed	Time in minutes	Total time
8	6	06:00
9	0,5	06:30
8	1	07:30
10	0,5	08:00
8	1	09:00
11	0,5	09:30
8	1	10:30
12	0,5	11:00
8	1	12:00
13	0,5	12:30
8	1	13:30
14	0,5	14:00
8	1	15:00
15	0,5	15:30
8	1,5	17:00

Interval – 43 minutes

As long as needed, to get to 60 minutes, repeat the interval.

Speed	Pulse in percentage
16	92
8	80
14	94
7	80
15	92
8	80
17	94
7	80

