

TREADMILL WORKOUT

20-MINUTE SPEED INTERVALS

MINUTE	SPEED	INCLINE	FEELING
0:00-5:00	3.0	1.0	Warm-Up
5:00-7:00	4.5	1.0	Hit your Stride
7:00-8:00	7.0	1.0	Push
8:00-10:00	4.5	1.0	Steady Pace
10:00-11:00	7.0	1.0	Push
11:00-13:00	4.5	1.0	Steady Pace
13:00-14:00	7.0	1.0	Push
14:00-16:00	4.5	1.0	Steady Pace
16:00-17:00	7.0	1.0	Push
17:00-19:00	4.5	1.0	Steady Pace
19:00-20:00	3.0	1.0	Cool Down