Treadmill Hills

Warmup	0:01 – 5:00

Fast Pace

2% Incline	5:01 – 6:00
4% Incline	6:01 – 7:00
6% Incline	7:01 – 8:00
8% Incline	8:01 – 9:00

Easy Pace

1% Incline	9:01 – 11:00

Fast Pace

2% Incline	11:01 – 12:00
4% Incline	12:01 – 13:00
6% Incline	13:01 – 14:00
8% Incline	14:01 – 15:00

Easy Pace

1% Incline	15:01 – 17:00

Fast Pace

6% Incline	17:01 – 8:00
8% Incline	18:01 – 19:00
10% Incline	19:01 – 20:00
12% Incline	20:01 – 21:00

Easy Pace

1% Incline	21:01 – 23:00
Cool Down	23:01 – 28:00

Stretch