

Treadmill – Quick warm up, 8 minutes

Warm up – 1 minute

| Incline | Speed | Time in seconds |
|---------|-------|-----------------|
| 0,5 | 6 | 60 |

Work out – 6 minutes

| | | |
|-----|----------------|----|
| 0,5 | Run 1 – 10 | 30 |
| 1,0 | Slow run 1 – 8 | 30 |
| 1,0 | Run 2 – 12 | 30 |
| 1,5 | Slow run 2 – 8 | 30 |
| 1,5 | Run 3 – 14 | 30 |
| 2,0 | Slow run 3 – 8 | 30 |
| 2,0 | Run 4 – 16 | 30 |
| 2,5 | Slow run 4 – 8 | 30 |
| 2,5 | Run 5 – 18 | 30 |
| 3,0 | Slow run 5 – 8 | 30 |
| 3,0 | Run 6 – 20 | 30 |
| 2,0 | Slow run 6 – 8 | 30 |

Cool down – 1 minute

| | | |
|-----|---|----|
| 1,5 | 6 | 20 |
| 1,0 | 5 | 20 |
| 0,5 | 4 | 20 |

