

Treadmill – Mountain climber, 20 minutes

Warm up – 4 minutes

Incline	Speed	Time in seconds
0,0	5,0	60
3,0	5,0	60
6,0	5,0	60
8,0	5,0	60

Light climbing – 4½ minutes

8,0	8,0	30
10,0	5,0	60
10,0	10,0	30
11,0	5,0	60
11,0	11,0	30
12,0	5,0	60

Hard climbing – 4½ minutes

12,0	12,0	30
13,0	5,0	60
13,0	13,0	30
13,5	5,0	60
13,5	13,5	30
14,0	5,0	60

Extreme climbing – 3½ minutes

14,0	14,0	30
14,5	5,0	60
14,5	14,5	30
15,0	5,0	60
15,0	15,0	30

Climbing down – 3½ minutes

14,0	5,0	30
12,0	5,0	30
10,0	5,0	30
8,0	5,0	30
6,0	5,0	30
3,0	5,0	30
0,0	5,0	30