

30-Minute Incline Treadmill Sprints		
Time (min)	Speed	Incline
0-5	6.5	1
5-10	7	1
10:00-10:45	2	15
10:45-11:15	6.5	15
11:15-12:00	2	15
12:00-12:30	6.5	15
Alternate 30s at 6.5 with 45s at 2.0 8x total until you get to 20 min		
20:00-20:45	1.5	15
20:45-21:15	7	15
21:15-22:00	1.5	15
22:00-22:30	7	15
Alternate 30s at 7.0 with 45s at 1.5 8x total until you get to 30 min		