

45-min Treadmill Intervals		
Time	Speed	Incline
0-5	3	15
5-10	3.5	15
10-11	5	15
11-12	2	15
12-13	5.3	14
13-14	2	14
14-15	5.6	13
15-16	2	13
16-17	5.9	12
17-18	2	12
18-19	6.2	11
19-20	2	11
20-21	6.5	10
21-22	2	10
22-23	5	15
23-24	2	15
24-25	5.3	14
25-26	2	14
26-27	5.6	13
27-28	2	13
28-29	5.9	12
29-30	2	12
30-31	6.2	11
31-32	2	11
32-33	6.5	10
33-34	2	10
34-35	5	15
35-40	3	15
40-45	3.5	15