

30-Minute Treadmill Workout

<i>Time</i>	<i>Speed</i>	<i>Incline</i>	<i>Segment Time</i>
0-5	6	0	5 min
5-10	6.5	0	5 min
10-15	7	0	5 min
15-15:30	2	15	30 sec
15:30-16	6	15	30 sec
16-16:30	2	15	30 sec
16:30-17	6	15	30 sec
Complete 5 intervals of 30s @ speed 6.0 ALT w/ 30s @ speed 2 (gets you to 20 minutes)			
20-20:30	2	15	30 sec
20:30-21	6.5	15	30 sec
21-21:30	2	15	30 sec
21:30-22	6.5	15	30 sec
Complete 5 intervals of 30s @ speed 6.5 ALT w/ 30s @ speed 2 (gets you to 25 minutes)			
25-25:30	2	15	30 sec
25:30-26	7	15	30 sec
26-26:30	2	15	30 sec
26:30-27	7	15	30 sec
Complete 5 intervals of 30s @ speed 7.0 ALT w/ 30s @ speed 2 (gets you to 30 minutes)			