

30-min Flat Treadmill Sprints

Time	Speed	Incline
0-5	6.5	0
5-10	7	0
10-11	9.1	0
11-12	6.5	0
12-13	9.2	0
13-14	6	0
14-15	9.3	0
15-16	5.5	0
16-17	9.4	0
17-18	5	0
18-19	9.5	0
19-20	4.5	0
20-21	9.6	0
21-22	4	0
22-23	9.7	0
23-24	3.5	0
24-25	9.8	0
25-26	3	0
26-27	9.9	0
27-28	2.5	0
28-29	10	0
29-30	2	0