

45-min Treadmill Intervals (flat)

Time	Speed	Incline
0-5	6	0
5-10	6.5	0
10-15	7	0
15-16	8.2	0
16-17	7	0
17-18	8.4	0
18-19	7	0
19-20	8.6	0
20-21	7	0
21-22	8.8	0
22-23	7	0
23-24	9	0
24-25	6.5	0
25-26	9.1	0
26-27	6	0
27-28	9.2	0
28-29	5.5	0
29-30	9.3	0
30-31	5	0
31-32	9.4	0
32-33	4.5	0
33-34	9.5	0
34-35	4	0
35-36	9.6	0
36-37	3.5	0
37-38	9.7	0
38-39	3	0
39-40	9.8	0
40-41	2.5	0
41-42	9.9	0
42-43	2	0
43-44	10	0
44-45	2	0