

JillFit HIIT Cardio Package

Please find 12 of my favorite HIIT cardio routines for the gym/track

20 Min Treadmill: Beginner

Time (min)	Speed	Incline	Segment Length
0-2	4	0	2 min
2-4	3.5	7.5	2 min
4-6	3	15	2 min
6-7	3.1	15	1 min
7-8	3.2	15	1 min
8-9	3.3	15	1 min
9-10	2	15	1 min
10-11	3.2	15	1 min
11-12	3.3	15	1 min
12-13	3.4	15	1 min
13-14	2	15	1 min
14-15	3.3	15	1 min
15-16	3.4	15	1 min
16-17	3.5	15	1 min
17-18	2	15	1 min
18-20	2	0	2 min cool-down

10 Min Treadmill: Intermediate

Time (min)	Speed	Incline	Segment Length
0-1	3	5	1 min
1-2	3	10	1 min
2-3	3.6	15	1 min
3-4	3	15	1 min
4-5	3.7	15	1 min
5-6	3	15	1 min
6-7	3.8	15	1 min
7-8	3	15	1 min
8-9	3.9	15	1 min
9-10	2	0	1 min cool-down

40 Min Treadmill: Intermediate/Walking

Time (min)	Speed	Incline	Segment Length
0-5	3.8	5	5 min
5-10	3.6	10	5 min
10-12	3.4	15	2 min
12-13	2	15	1 min recovery
13-15	3.5	15	2 min
15-16	2	15	1 min recovery
16-18	3.6	15	2 min
18-19	2	15	1 min recovery
19-21	3.7	15	2 min
21-22	2	15	1 min recovery
22-24	3.8	15	2 min
24-25	2	15	1 min recovery
Complete one more round of minutes 10-25 (bringing you to 40 min total)			
40+	2	0	Cool-down as needed

30 Min Treadmill: Advanced

Time (min)	Speed	Incline	Segment Length
0-4	3.3	15	4 min
4-5	7.5	0	1 min
5-9	3.4	15	4 min
9-10	8	0	1 min
10-14	3.5	15	4 min
14-15	8.5	0	1 min
15-19	3.6	15	4 min
19-20	9	0	1 min
20-24	3.7	15	4 min
24-25	9.5	0	1 min
25-27	3.8	15	2 min
27-28	10	0	1 min
28-30	2	0	2 min cool-down

30 Min Treadmill: Advanced

Time (min)	Speed	Incline	Segment Length
0-5	6	0	5 min
5-10	6.5	0	5 min
10-15	7	0	5 min
15:00-15:30	2	15	30s
15:30-16:00	6	15	30s
16:00-16:30	2	15	30s
16:30-17:00	6	15	30s
Complete 5 total intervals of 30s @ Speed 6.0 ALT w/ 30s @ 2.0 (bringing you to 20 min)			
20:00-20:30	2	15	30s
20:30-21:00	6.5	15	30s
21:00-21:30	2	15	30s
21:30-22:00	6.5	15	30s
Complete 5 total intervals of 30s @ Speed 6.5 ALT w/ 30s @ 2.0 (bringing you to 25 min)			
25:00-25:30	2	15	30s
25:30-26:00	7	15	30s
26:00-26:30	2	15	30s
26:30-27:00	7	15	30s
Complete 5 total intervals of 30s @ Speed 7.0 ALT w/ 30s @ 2.0 (bringing you to 30 min)			
30+	2	0	Cool down as needed

40-min Treadmill & Weights Combo: Advanced

Time	Speed	Incline	
0-3	6	0	
3-6	6.5	0	
6-9	7	0	
9-9:30	6	15	
9:30-10	2	15	
10-10:30	6.1	15	
10:30-11	2	15	
11-11:30	6.2	15	
11:30-12	2	15	
12-12:30	6.3	15	
12:30-13	2	15	
13-13:30	6.4	15	
13:30-14	2	15	
14-14:30	6.5	15	
14:30-15	2	15	
15-20	3.5	15	
20-22	1.2	15, Perform Walking Lunges on tread	
22-23	1.2	Hop off, do as many Push-ups as possible in 1 min	
23-24	1.2	Do as many Bent-over Rows as possible in 1 min	
24-26	1.2	15, Perform Walking Lunges on tread	
26-27	1.2	Hop off, do as many Squat Jumps as possible in 1 min	
27-28	1.2	Do as many Switch Jumps (Jumping Lunges) as poss in 1 min	
28-30	1.2	15, Perform Walking Lunges on tread	
30-31	1.2	Hop off, do as many Squat/Presses as possible	
31-32	1.2	Do as many Shoulder Presses as possible in 1 min	
32-33	9	0	
33-33:30	2	0	
33:30-34:30	9.5	0	
34:30-35	2	0	
35-36	10	0	
36-40	3.6	15	

10 Min Stepmill: Intermediate

Time (min)	Level or Steps/Min	Segment Length
10-9	10 or 87	1 min
9-8	11 or 94	1 min
8-7	14 or 115	1 min
7-6	5 or 52	1 min
6-5	15 or 122	1 min
5-4	4 or 45	1 min
4-3	16 or 129	1 min
3-2	3 or 38	1 min
2-1	17 or 136	1 min
1-0	2 or 31	1 min cool-down

30 Min Stepmill: Intermediate

Time (min)	Level/SPM	Segment Length
30-28	7 or 66	2 min
28-26	8 or 73	2 min
26-24	9 or 80	2 min
24-22	10 or 87	2 min
22-20	11 or 94	2 min
20:00-19:30	1 or 24	30s recovery
19:30-18:30	18 or 143	1 min
18:30-18:00	1 or 24	30s recovery
18:00-16:45	17 or 136	1 min 15s
16:45-16:15	1 or 24	30s recovery
16:15-14:45	16 or 129	1 min 30s
14:45-14:15	1 or 24	30s recovery
14:15-12:30	15 or 122	1 min 45s
12:30-12:00	1 or 24	30s recovery
12:00-10:00	14 or 115	2 min

Repeat the above 10 minutes once more until you get to 0:00

0:00+	2 or 31	Cool down as needed
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Heavy 20-minute Recumbent Bike: Intermediate		
Time	Level	RPM
0-2	11	70+
2-4	12	70+
4-6	13	60+
6-8	14	60+
8-10	15	50+
10-12	11	70+
12-14	12	70+
14-16	13	60+
16-18	14	60+
18-20	15	50+

20 Min Elliptical: Intermediate			
Time (min)	Crossramp	Resistance	Segment Length
0-2	10	6	2 min
2-4	10	7	2 min
4-6	10	8	2 min
6-8	10	9	2 min
8-9	10	10	1 min push
9-10	10	6	1 min recovery
10-11	10	11	1 min push
11-12	10	5	1 min recovery
12-13	10	12	1 min push
13-14	10	4	1 min recovery
14-15	10	13	1 min push
15-16	10	3	1 min recovery
16-17	10	14	1 min push
17-18	10	2	1 min recovery
18-19	10	15	1 min push
19-20	10	1	1 min cool-down

20 Min Sprint Workout: Hill Sprints

Find a stretch of hill that takes about 20s to sprint (approx 15-20% incline, just eyeball it)

Complete a 5 min warm-up using a mixture of the following movements: high knees, walking lunges, heel kicks, straight-leg kicks, squats, gallops, skips & arm circles

Sprint up hill as fast a possible, then turn & walk back down as slow as you need to in order to muster the same intensity again (usually 2-4 min ea rest). Complete 8 hill sprints total.

Cool-down by walking for ~2-5 min, and perform static stretches

30 Min Sprint Workout: Track Sprints

Head out to a track OR find a flat road of ~100 meters (length of track straight-away)

Complete a 5 min warm-up using a mixture of the following movements: high knees, walking lunges, heel kicks, straight-leg kicks, squats, gallops, skips & arm circles

Perform TWO 100m sprints at 50% effort, rest 2-3 mins between each, then

Perform TWO 90m sprints at 75% effort, rest 2-3 mins between each, then

Perform SIX 80m sprints at 100% effort, rest 2-3 mins between each

Cool-down by walking for ~2-5 min, and perform static stretches