



JILLFIT CARDIO ACCELERATION BY JILL COLEMAN, MS

JillFit
Cardio
Acceleration
Workout
Workbook

10 Min Workouts: All workouts include a brief warm-up & cool-down

10 Min Treadmill #1: Beginner

Time (min)	Speed	Incline	Segment Length
0-1	4	0	1 min
1-2	3.5	5	1 min
2-3	3	10	1 min
3-4	2.5	15	1 min
4-5	2.7	15	1 min
5-6	2.9	15	1 min
6-7	3.1	15	1 min
7-8	3.3	15	1 min
8-9	3.5	15	1 min
9-10	3.5	0	1 min

10 Min Treadmill #2: Intermediate

Time (min)	Speed	Incline	Segment Length
0-1	6	0	1 min
1-2	6.2	0	1 min
2-3	6.4	0	1 min
3-4	6.6	0	1 min
4-5	6.8	0	1 min
5-6	6.6	2	1 min
6-7	6.4	4	1 min
7-8	6.2	6	1 min
8-9	6	8	1 min
9-10	2	0	1 min

10 Min Treadmill #3: 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

10 Min Treadmill #4: Advanced

Time (min)	Speed	Incline	Segment Length
0-1	6	0	1 min
1-2	6.5	0	1 min
2-3	7	0	1 min
3:00-3:30	7	15	30s
3:30-4:00	Hop off & recover	15	30s
Continue alternating 30s at Speed 7 at Incline 15 with 30s recovery/jumping off sides of treadmill to rest for a total of 6 cycles (until you get to 9:00)			
9-10	2	0	1 min cool-down

10 Min Stepmill #1: Beginner

Time (min)	Level or Steps/Min	Segment Length
10-9	6 or 59	1 min
9-8	7 or 66	1 min
8-7	8 or 73	1 min
7-6	9 or 80	1 min
6-5	10 or 87	1 min
5-4	9 or 80	1 min
4-3	8 or 73	1 min
3-2	7 or 66	1 min
2-1	6 or 59	1 min
1-0	2 or 31	1 min cool-down

10 Min Stepmill #2: 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

10 Min Elliptical #1: Intermediate

Time (min)	Crossramp	Resistance	Segment Length
0-1	10	6	1 min
1-2	10	8	1 min
2-3	10	10	1 min
3-4	10	2	1 min
4-5	10	12	1 min
5-6	10	2	1 min
6-7	10	13	1 min
7-8	10	2	1 min
8-9	10	14	1 min
9-10	10	2	1 min cool-down

10 Min Recumbent Bike #1: Beginner

Time (min)	Level (1-20)	Recommended RPM	Segment Length
0-1	5	90+	1 min
1-2	6	80+	1 min
2-3	7	70+	1 min
3-4	8	60+	1 min
4-5	15	50+	1 min
5-6	1	50+	1 min
6-7	15	50+	1 min
7-8	1	50+	1 min
8-9	15	50+	1 min
9-10	1	50+	1 min cool-down

10 Min Plyometric Workout #1: Intermediate

Time (min)	Movement	Segment Length
0-1	High knees	1 min/warm-up
1:00-1:30	Squat Jumps	30s
1:30-2:00	Rest	30s
2:00-2:30	Squat Jumps	30s
2:30-3:00	Rest	30s
3:00-3:30	Burpees	30s
3:30-4:00	Rest	30s
4:00-4:30	Burpees	30s
4:30-5:00	Rest	30s
Repeat the above 4 minutes again until you reach 9:00		
9-10	Marching in place	1 min cool-down

10 Min Plyometric Workout #2: Tabata Intervals/Advanced

Time (min)	Movement	Segment Length
0:00-1:00	High knees	1 min/warm-up
1:00-1:20	Plyo lunges	20s
1:20-1:30	Rest	10s rest
1:30-1:50	Plyo lunges	20s
1:50-2:00	Rest	10s rest
2:00-2:20	Plyo lunges	20s
2:20-2:30	Rest	10s rest
2:30-2:50	Plyo lunges	20s
2:50-3:00	Rest	10s rest
Repeat the above 2 minute sequence with the following movements: Burpees, New Jacks, Mountain Climbers (until you reach 9:00)		
9:00-10:00	Marching in place	1 min cool-down

20 Min Workouts: All workouts include a brief warm-up & cool-down

20 Min Treadmill #1: 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

20 Min Treadmill #2: Intermediate

Time (min)	Speed	Incline	Segment Length
0-3	3.1	15	3 min
3-6	3.3	15	3 min
6-9	3.5	15	3 min
9-10	2	15	1 min
10-12	3.7	15	2 min
12-13	2	15	1 min
13-15	3.8	15	2 min
15-16	2	15	1 min
16-18	3.9	15	2 min
18-19	2	15	1 min
19-20	2	0	1 min cool-down

20 Min Treadmill #3: Intermediate

Time (min)	Speed	Incline	Segment Length
0-3	6	0	3 min
3-6	6.5	0	3 min
6-9	7	0	3 min
9-10	3	15	1 min
10-11	5	15	1 min
11-12	3	12.5	1 min
12-13	5.5	12.5	1 min
13-14	3	10	1 min
14-15	6	10	1 min
15-16	3	7.5	1 min
16-17	6.5	7.5	1 min
17-18	3	5	1 min
18-19	7	5	1 min
19-20	2	0	1 min cool-down

20 Min Treadmill #4: Advanced

Time (min)	Speed	Incline	Segment Length
0-2	6	2	2 min
2-4	6.5	1.5	2 min
4-6	7	1	2 min
6-8	7.5	0.5	2 min
8-10	8	0	2 min
10:00-10:45	2	7.5	45s recovery
10:45-11:30	8	7.5	45s sprint interval
Continue alternating 45s at Speed 8.0 at Incline 7.5 with 45s recovery at Speed 2.0 for a total of 6 cycles (until you get to 19:00)			
19-20	2	0	1 min cool-down

20 Min Stepmill #1: Beginner

Time (min)	Level/SPM	Segment Length
20-18	5 or 52	2 min
18-16	6 or 59	2 min
16-14	7 or 66	2 min
14-12	8 or 73	2 min
12-10	9 or 80	2 min
10-9	2 or 31	1 min recovery
9-8	10 or 87	1 min
8-7	2 or 31	1 min recovery
7-6	11 or 94	1 min
6-5	2 or 31	1 min recovery
5-4	12 or 101	1 min
4-3	2 or 31	1 min recovery
3-2	13 or 108	1 min
2-0	2 or 31	2 min cool-down

20 Min Stepmill #2: Advanced

Time (min)	Level or Steps/Min	Segment Length
20-19	10 or 87	1 min
19-18	11 or 94	1 min
18-17	12 or 101	1 min
17-16	13 or 108	1 min
16-15	14 or 115	1 min
15:00-14:30	1 or 24	30s rest
14:30-14:00	14 or 115	30s
14:00-13:30	15 or 122	30s
13:30-13:00	16 or 129	30s
13:00-12:30	17 or 136	30s
Repeat the above 2:30 (starting at 15:00) 4 more times until you reach 2:30 left		
2:30-2:00	1 or 24	30s rest
2-1	8 or 73	1 min cool-down
1-0	6 or 59	1 min cool-down

20 Min Elliptical #1: 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 Recumbent Bike #1: Intermediate

Time (min)	Level (1-20)	Recommended RPM	Segment Length
0-2	7	100+	2 min
2-4	8	90+	2 min
4-6	9	80+	2 min
6-8	10	70+	2 min
8-10	11	60+	2 min
10:00-10:30	1	50+	30s rest
10:30-11:00	15	100+	30s push
Continue to alternate 30s at Level 1 (rest) with 30s at Level 15 (push) to complete 8 total rounds (bringing you to 18:00)			
18-20	1	50+	2 min cool-down

20 Min Plyometric Workout #1: Tabatas

Time (min)	Movement	Segment Length
0-1	High knees	1 min/warm-up
1:00-1:20	Squat Jumps	20s
1:20-1:30	Rest	10s
1:30-1:50	Squat Jumps	20s
1:50-2:00	Rest	10s
2:00-2:20	Squat Jumps	20s
2:20-2:30	Rest	10s
2:30-2:50	Squat Jumps	20s
2:50-3:00	Rest	10s
3:00-3:20	Squat Jumps	20s
3:20-3:30	Rest	10s
3:30-3:50	Squat Jumps	20s
3:50-4:00	Rest	10s
Repeat the above 3 minutes alternating 20s on/10s rest with the following movements: <i>Burpees, Mountain Climbers, Push-ups, Jumping Lunges & High Knees</i> (bringing you to 19:00)		
19-20	Marching in place	1 min cool-down

20 Min Sprint Workout #1: 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 spints total.

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

30 Min Workouts: All workouts include a brief warm-up & cool-down

30 Min Treadmill #1: Beginner			
Time (min)	Speed	Incline	Segment Length
0-2	3.8	4	2 min
2-4	3.6	6	2 min
4-6	3.4	8	2 min
6-8	3.2	10	2 min
8-10	3	12	2 min
10-13	3.2	15	3 min
13-14	2	15	1 min
14-17	3.3	15	3 min
17-18	2	15	1 min
18-21	3.4	15	3 min
21-22	2	15	1 min
22-25	3.5	15	3 min
25-26	2	15	1 min
26-29	3.6	15	3 min
29-30	2	0	1 min cool-down

30 Min Treadmill #2: Intermediate

Time (min)	Speed	Incline	Segment Length
0-2	6.2	0	2 min
2-4	6.4	0	2 min
4-6	6.6	0	2 min
6-8	6.8	0	2 min
8-10	7	0	2 min
10:00-10:45	2	15	45s rest
10:45-11:30	6	15	45s push
11:30-12:15	2	12.5	45s rest
12:15-13:00	6.5	12.5	45s push
13:00-13:45	2	10	45s rest
13:45-14:30	7	10	45s push
14:30-15:15	2	7.5	45s rest
15:15-16:00	7.5	7.5	45 push
Repeat the above 6 minutes 2 more times (until you reach 28:00 minutes)			
28-30	3	0	2 min cool-down

30 Min Treadmill #3: 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 #4: 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

30 Min Stepmill #1: 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

30 Min Stepmill #2: Advanced

Time (min)	Level or Steps/Min	Segment Length
30-28	8 or 73	2 min
28-26	9 or 80	2 min
26-24	10 or 87	2 min
24-22	11 or 94	2 min
22-20	12 or 101	2 min
20-19	15 or 122	1 min
19-18	5 or 52	1 min
18-17	16 or 129	1 min
17-16	4 or 45	1 min
16-15	17 or 136	1 min
15-14	3 or 38	1 min
14-13	18 or 143	1 min
13-12	2 or 31	1 min
12-11	19 or 150	1 min
11-10	1 or 24	1 min
10-9	20 or 157	1 min
9-8	1 or 24	1 min
8-7	20 or 157	1 min
7-6	1 or 24	1 min
6-5	20 or 157	1 min
5-4	1 or 24	1 min
4-3	20 or 157	1 min
3-0	2 or 31	3 min

30 Min Stepmill #3: Advanced

Time (min)	Level or Steps/Min	Segment Length
30-29	8 or 73	1 min
29-28	9 or 80	1 min
28-27	10 or 87	1 min
27-26	11 or 94	1 min
26:00-25:30	1 or 24	30s rest
25:30-25:00	14 or 115	30s
25:00-24:30	15 or 122	30s
24:30-24:00	16 or 129	30s
Repeat the above 2 mins twice more until you get to 20:00		
20-19	9 or 80	1 min
19-18	10 or 87	1 min
18-17	11 or 94	1 min
17-16	12 or 101	1 min
16:00-15:30	1 or 24	30s rest
15:30-15:00	15 or 122	30s
15:00-14:30	16 or 129	30s
14:30-14:00	17 or 136	30s
Repeat the above 2 mins twice more until you get to 10:00		
10-9	9 or 80	1 min
9-8	10 or 87	1 min
8-7	11 or 94	1 min
7-6	12 or 101	1 min
6:00-5:30	1 or 24	30s rest
5:30-5:00	16 or 129	30s
5:00-4:30	17 or 136	30s
4:30-4:00	18 or 143	30s
Repeat the above 2 mins twice more until you get to 0:00		
0:00+	2 or 31	Cool down as needed

30 Min Elliptical #1: Beginner

Time (min)	Crossramp	Resistance	Segment Length
0-5	10	4	5 min
5-10	10	5	5 min
10-15	10	6	5 min
15-16	10	7	1 min push
16-17	10	5	1 min recovery
17-18	10	8	1 min push
18-19	10	4	1 min recovery
19-20	10	9	1 min push
20-21	10	3	1 min recovery
21-22	10	10	1 min push
22-23	10	2	1 min recovery
23-24	10	11	1 min push
24-25	10	1	1 min recovery
25-26	10	12	1 min push
26-30	10	4	4 min cool-down

30 Min Elliptical #2: Intermediate

Time (min)	Crossramp	Resistance	Segment Length
0-5	10	7	5 min
5-10	10	8	5 min
10-12	10	11	2 min push
12-13	10	2	1 min recovery
13-15	10	12	2 min push
15-16	10	2	1 min recovery
16-18	10	13	2 min push
18-19	10	2	1 min recovery
19-21	10	14	2 min push
21-22	10	2	1 min recovery
22-24	10	15	2 min push
24-25	10	2	1 min recovery
25-27	10	16	2 min push
27-28	10	2	1 min recovery
28-30	10	4	2 min cool-down

30 Min Elliptical #3: Advanced - Try to keep SPM above 150 the whole time

Time (min)	Crossramp	Resistance	Segment Length
0-5	10	8	5 min
5-10	10	9	5 min
10-15	10	10	5 min
15:00-15:45	10	13	45s push
15:45-16:30	10	2	45s rest
16:30-17:15	10	14	45s push
17:15-18:00	10	2	45s rest
18:00-18:45	10	15	45s push
18:45-19:30	10	2	45s rest
19:30-20:15	10	16	45s push
20:15-21:00	10	2	45s rest
Repeat the above 6 minutes once more until you reach 27:00			
27-30	10	4	3 min cool-down

30 Min Recumbent Bike #1: Advanced			
Time (min)	Level (1-20)	Recommended RPM	Segment Length
0-2	6	100+	2 min
2-4	7	90+	2 min
4-6	8	80+	2 min
6-8	9	70+	2 min
8-10	10	60+	2 min
10-10:20	20	100+	20s push
10:20-11:00	1	50+	40s rest
11:00-11:30	18	100+	30s push
11:30-12:00	1		30s rest
12:00-12:40	16	100+	40s push
12:40-13:00	1	50+	20s rest
13:00-14:00	14	100+	1 min push
14:00-15:00	1	50+	1 min rest
Repeat the above 5 minutes twice more until you reach 25:00			
25-30	1	50+	5 min cool-down

30 Min Sprint Workout #1: Track Sprints
<i>Head out to a track OR find a flat road of ~100 meters (length of track straight-away)</i>
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

40 Min Workouts: All workouts include a brief warm-up & cool-down

40 Min Treadmill #1: 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

40 Min Treadmill #2: Intermediate/Joggers

Time (min)	Speed	Incline	Segment Length
0-2	6.1	0	2 min
2-4	6.2	0	2 min
4-6	6.3	0	2 min
6-8	6.4	0	2 min
8-10	6.5	0	2 min
10-11	2	15	1 min rest
11-12	4.6	15	1 min push
12-13	2	15	1 min rest
13-14	4.8	15	1 min push
14-15	2	15	1 min rest
15-16	5	15	1 min push
16-17	2	15	1 min rest
17-18	5.2	15	1 min push
18-19	2	15	1 min rest
19-20	5.4	15	1 min push
Repeat the above 10 minutes one more (until you reach 30:00 minutes)			
30-40	3.5	15	10 min

40 Min Treadmill #3: Advanced/Incline Sprints

Time (min)	Speed	Incline	Segment Length
0-5	6.5	2	5 min
5-10	7	1	5 min
10-15	7.5	0	5 min
15-16	2	15	1 min
16-17	5.4	15	1 min
17-18	2	15	1 min
18-19	5.6	15	1 min
19-20	2	15	1 min
20-21	5.8	15	1 min
21-22	2	15	1 min
22-23	6	15	1 min
23:00-23:45	2	12.5	45s
23:45-24:30	6.2	12.5	45s
24:30-25:15	2	12.5	45s
25:15-26:00	6.4	12.5	45s
26:00-26:45	2	12.5	45s
26:45-27:30	6.6	12.5	45s
27:30-28:15	2	12.5	45s
28:15-29:00	6.8	12.5	45s
29:00-29:30	2	10	30s
29:30-30:00	7	10	30s
30:00-30:30	2	10	30s
30:30-31:00	7.2	10	30s
31:00-31:30	2	10	30s
31:30-32:00	7.4	10	30s
32:00-32:30	2	10	30s
32:30-33:00	7.6	10	30s
33:00-34:00	2	5	1 min
34:00-35:00	9	5	1 min
35-40	3	0	5 min cool-down

40 Min Treadmill #4: Advanced/Flat Sprints

Time (min)	Speed	Incline	Segment Length
0-5	6.5	0	5 min
5-10	7	0	5 min
10-11	8.2	0	1 min
11-12	7	0	1 min
12-13	8.4	0	1 min
13-14	7	0	1 min
14-15	8.6	0	1 min
15-16	7	0	1 min
16-17	8.8	0	1 min
17-18	7	0	1 min
18-19	9	0	1 min
19-20	6.5	0	1 min
20-21	9.1	0	1 min
21-22	6	0	1 min
22-23	9.2	0	1 min
23-24	5.5	0	1 min
24-25	9.3	0	1 min
25-26	5	0	1 min
26-27	9.4	0	1 min
27-28	4.5	0	1 min
28-29	9.5	0	1 min
29-30	4	0	1 min
30-31	9.6	0	1 min
31-32	3.5	0	1 min
32-33	9.7	0	1 min
33-34	3	0	1 min
34-35	9.8	0	1 min
35-36	2.5	0	1 min
36-37	9.9	0	1 min
37-38	2	0	1 min
38-39	10	0	1 min
39-40	2	0	Cool down as needed

40 Min Stepmill #1: Intermediate

Time (min)	Level/SPM	Segment Length
40-36	7 or 66	4 min
36-32	8 or 73	4 min
32-28	9 or 80	4 min
28-24	10 or 87	4 min
24-20	11 or 94	4 min
20-17	14 or 115	3 min
17-16	1 or 24	1 min recovery
16-14	15 or 122	2 min
14-13	1 or 24	1 min recovery
13-12	16 or 129	1 min
12-11	1 or 24	1 min recovery
11-8	15 or 122	3 min
8-7	1 or 24	1 min recovery
7-5	16 or 129	2 min
5-4	1 or 24	1 min recovery
4-3	17 or 136	1 min
3-2	1 or 24	1 min recovery
2-0	10 or 87	2 min

40 Min Stepmill #2: Advanced

Time (min)	Level or Steps/Min	Segment Length
40-37	10 or 87	3 min
37-34	11 or 94	3 min
34-31	12 or 101	3 min
31-28	13 or 108	3 min
28-25	14 or 115	3 min
25:00-24:15	1 or 24	45s
24:15-23:30	17 or 136	45s
23:30-22:45	1 or 24	45s
22:45-22:00	18 or 143	45s
22:00-21:15	1 or 24	45s
21:15-20:30	19 or 150	45s
20:30-19:45	1 or 24	45s
19:45-19:00	20 or 157	45s
Repeat the above 6 minutes (25-19) 2x more until you reach 7:00		
7-6	1 or 24	1 min
6-3	10 or 87	3 min
3-0	8 or 73	3 min

40 Min Elliptical #1: Intermediate

Time (min)	Crossramp	Resistance	Segment Length
0-5	10	8	5 min
5-10	10	10	5 min
10-15	10	12	5 min
15-16	10	2	1 min recovery
16-17	10	15	1 min push
17-18	10	2	1 min recovery
18-19	10	15	1 min push
Continue alternating 1 min at Resistance 2 and 1 min at Resistance 15 until you reach 35:00 (completing 10 intervals total)			
35-40	10	6	5 min cool-down

40 Min Elliptical #2: Advanced

Time (min)	Crossramp	Resistance	Segment Length
0-3	10	6	3 min
3-6	10	7	3 min
6-9	10	8	3 min
9-12	10	9	3 min
12-15	10	10	3 min
15:00-15:30	10	2	30s recovery
15:30-16:00	10	11 (SPM above 200)	30s
16:00-16:30	10	12 (SPM above 190)	30s
16:30-17:00	10	13 (SPM above 180)	30s
17:00-17:30	10	2	30s recovery
17:30-18:00	10	12 (SPM above 190)	30s
18:00-18:30	10	13 (SPM above 180)	30s
18:30-19:00	10	14 (SPM above 170)	30s
19:00-19:30	10	2	30s recovery
19:30-20:00	10	13 (SPM above 180)	30s
20:00-20:30	10	14 (SPM above 170)	30s
20:30-21:00	10	15 (SPM above 160)	30s
Repeat the above 6 minutes 3 more times (4 rounds total) until you get to 39:00			
39+	10	4	Cool-down as needed

40 Min Recumbent Bike #1: Intermediate Steady-state

Time	Level	Goal RPM	Segment Length
0-5	11	100+	5 min
5-10	12	90+	5 min
10-15	13	80+	5 min
15-20	14	70+	5 min
20-25	12	90+	5 min
25-30	13	80+	5 min
30-35	14	70+	5 min
35-40	15	60+	5 min
40+	1	50+	Cool-down as needed

40 Min Sprint Workout #1: Short Hill Sprints

Find a stretch of steeper hill ~20-30m in length (think steep & short)

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 (~10-20s), then turn & walk back down as slow as you need to in order to muster the same intensity again (usually 1-3 min ea rest). Complete 15 total sprints

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

50 Min Workouts: All workouts include a brief warm-up & cool-down

50 Min Treadmill #1: Intermediate Walk			
Time (min)	Speed	Incline	Segment Length
0-5	3.3	15	5 min
5-10	3.4	15	5 min
10-15	3.5	15	5 min
15-17	3.6	15	2 min
17-18	2	15	1 min recovery
18-20	3.7	15	2 min
20-21	2	15	1 min recovery
21-23	3.8	15	2 min
23-24	2	15	1 min recovery
24-26	3.9	15	2 min
26-27	2	15	1 min recovery
27-29	3.9	15	2 min
29-30	2	15	1 min recovery
30-32	3.8	15	2 min
32-33	2	15	1 min recovery
33-35	3.7	15	2 min
35-36	2	15	1 min recovery
36-38	3.6	15	2 min
38-39	2	15	1 min recovery
39-45	3.5	15	6 min
45-50	3	0	5 min cool-down

50 Min Treadmill #2: Advanced/Joggervals

Time (min)	Speed	Incline	Segment Length
0-5	6.5	0	5 min
5-10	7	0	5 min
10-15	7.5	0	5 min
15-16	5.8	0	1 min
16-17	5.8	15	1 min
17-18	6.1	0	1 min
18-19	6.1	14	1 min
19-20	6.4	0	1 min
20-21	6.4	13	1 min
21-22	6.7	0	1 min
22-23	6.7	12	1 min
23-24	7	0	1 min
24-25	7	11	1 min
25-26	6.5	0	1 min
26-27	7.3	10	1 min
27-28	6	0	1 min
28-29	7.6	9	1 min
29-30	5.5	0	1 min
30-31	7.9	8	1 min
31-32	5	0	1 min
32-33	8.2	7	1 min
33-34	4.5	0	1 min
34-35	8.5	6	1 min
35-36	4	0	1 min
36-37	8.8	5	1 min
37-38	3.5	0	1 min
38-39	9.1	4	1 min
39-40	3	0	1 min
40-41	9.4	3	1 min
41-42	2.5	0	1 min
42-43	9.7	2	1 min
43-44	2	0	1 min
44-45	10	1	1 min
45-50	2	0	5 min cool-down

50 Min Stepmill #1: Advanced

Time (min)	Level/SPM	Segment Length
50-46	7 or 66	4 min
46-42	8 or 73	4 min
42-38	9 or 80	4 min
38-34	10 or 87	4 min
34-30	11 or 94	4 min
30-29	1 or 24	1 min recovery
29-28	11 or 94	1 min
28-27	12 or 101	1 min
27-26	13 or 108	1 min
26-25	14 or 115	1 min
25-24	15 or 122	1 min
24-23	16 or 129	1 min
23-22	17 or 136	1 min
22-21	16 or 129	1 min
21-20	15 or 122	1 min
20-19	14 or 115	1 min
19-18	13 or 108	1 min
18-17	12 or 101	1 min
17-16	11 or 94	1 min
16-15	10 or 87	1 min
Repeat above 15 minutes once more until you reach 0:00		
0.00+	2	Cool-down as needed

50 Min Elliptical #1: Intermediate/Steady-State

Time (min)	Crossramp	Resistance	Segment Length
0-9	12	9	9 min
9-10	12	4	1 min recovery
10-19	11	10	9 min
19-20	11	4	1 min recovery
20-29	10	11	9 min
29-30	10	4	1 min recovery
30-39	9	12	9 min
39-40	9	4	1 min recovery
40-49	8	13	9 min
49-50	8	4	1 min recovery

60 Min Workouts: All workouts include a brief warm-up & cool-down

60 Min Treadmill #1: Advanced Incline Walk			
Time (min)	Speed	Incline	Segment Length
0-9	3.1	15	9 min
9-10	7.5	0	1 min flat sprint
10-19	3.2	15	9 min
19-20	8	0	1 min flat sprint
20-29	3.3	15	9 min
29-30	8.5	0	1 min flat sprint
30-39	3.4	15	9 min
39-40	9	0	1 min flat sprint
40-49	3.5	15	9 min
49-50	9.5	0	1 min flat sprint
50-59	3.6	15	9 min
59-60	10	0	1 min flat sprint
60+	2	0	Cool-down as needed

60 Min Treadmill #2: Advanced Intervals (Flat)

Time (min)	Speed	Incline	Segment Length
0-5	6.5	0	5 min
5-10	7	0	5 min
10-15	7.5	0	5 min
15-16	7	0	1 min
16-17	8.1	0	1 min
17-18	7	0	1 min
18-19	8.2	0	1 min
19-20	7	0	1 min
20-21	8.3	0	1 min
21-22	7	0	1 min
22-23	8.4	0	1 min
23-24	7	0	1 min
24-25	8.5	0	1 min
25-26	7	0	1 min
26-27	8.6	0	1 min
27-28	7	0	1 min
28-29	8.7	0	1 min
29-30	7	0	1 min
30-31	8.8	0	1 min
31-32	7	0	1 min
32-33	8.9	0	1 min
33-34	7	0	1 min
34-35	9	0	1 min
35-36	6.5	0	1 min
36-37	9.1	0	1 min
37-38	6	0	1 min
38-39	9.2	0	1 min
39-40	5.5	0	1 min
40-41	9.3	0	1 min
41-42	5	0	1 min
42-43	9.4	0	1 min
43-44	4.5	0	1 min
44-45	9.5	0	1 min
45-46	4	0	1 min
46-47	9.6	0	1 min
47-48	3.5	0	1 min
48-49	9.7	0	1 min
49-50	3	0	1 min
50-51	9.8	0	1 min
51-52	2.5	0	1 min
52-53	9.9	0	1 min
53-54	2	0	1 min
54-55	10	0	1 min
55-60	2	0	5 min cool-down

60 Min Treadmill #3: Advanced Incline

Time (min)	Speed	Incline	Segment Length
0-5	7	0	5 min
5-10	7.5	0	5 min
10-11	7.1	0	1 min
11-12	7.1	10	1 min
12-13	7.2	0	1 min
13-14	7.2	9	1 min
14-15	7.3	0	1 min
15-16	7.3	8	1 min
16-17	7.4	0	1 min
17-18	7.4	7	1 min
18-19	7.5	0	1 min
19-20	7.5	6	1 min
20-21	7.6	0	1 min
21-22	7.6	5	1 min
22-23	7.7	0	1 min
23-24	7.7	4	1 min
24-25	7.8	0	1 min
25-26	7.8	3	1 min
26-27	7.9	0	1 min
27-28	7.9	2	1 min
28-29	8	0	1 min
29-30	8	1	1 min
30-35	3.5	1	5 min recovery

Repeat the above 25 minutes once more until you reach 60:00

60 Min Stepmill #1: Advanced

Time (min)	Level/SPM	Segment Length
60-56	8 or 73	4 min
56-52	9 or 80	4 min
52-48	10 or 87	4 min
48-44	11 or 94	4 min
44-40	12 or 101	4 min
40-37	15 or 122	3 min
37-36	1 or 24	1 min
36-34	16 or 129	2 min
34-33	1 or 24	1 min
33:00-31:30	17 or 136	1:30 min
31:30-31:00	1 or 24	30s recovery
31:00-30:00	18 or 143	1 min
30:00-29:30	1 or 24	30s recovery
29:30-28:30	19 or 150	1 min
28:30-28:00	1 or 24	30s recovery
28:00-27:30	20 or 157	1 min
27:30-27:00	1 or 24	30s recovery
27:00-26:00	19 or 150	1 min
26:00-25:30	1 or 24	30s recovery
25:30-24:30	18 or 143	1 min
24:30-24:00	1 or 24	30s recovery
24:00-22:30	17 or 136	1:30 min
22:30-22:00	1 or 24	30s recovery
22:00-20:00	16 or 129	2 min
20-19	1 or 24	1 min
19-16	15 or 122	3 min
16-15	1 or 24	1 min
15-12	14 or 115	3 min
12-9	13 or 108	3 min
9-6	12 or 101	3 min
6-3	11 or 94	3 min
3-0	10 or 87	3 min