



## Run for the Hills

### Treadmill

Total time: 35 min

*Challenge yourself with this treadmill workout by alternating between running on a slight incline and walking various hill inclines. If necessary, please adjust the speed rather than the incline, but enough to keep the intensity challenging.*

TIME	SPEED	INCLINE
Warm up 0:00 - 3:00	4.0 mph	0%
3:00 - 6:00	6.8 mph	1%
5:00 - 6:00	4.0 mph	10%
6:00 - 9:00	6.5 mph	2%
9:00 - 10:00	3.9 mph	11%
10:00 - 13:00	6.0 mph	3%
13:00 - 14:00	3.8 mph	12%
14:00 - 17:00	6.8 mph	1%
17:00 - 18:00	3.7 mph	13%
18:00 - 21:00	6.5 mph	2%
21:00 - 22:00	3.6 mph	14%
22:00 - 25:00	6.0 mph	3%
25:00 - 26:00	3.5 mph	15%
26:00 - 29:00	6.8 mph	1%
29:00 - 30:00	4.0 mph	10%
Cool down 33:00 - 35:00	4.0 mph	0%

\*Because this workout is very weight-bearing and high impact, is not recommended for those with knees issues.