

## Treadmill workout: Incline Sprints: 25 minutes

Time	Speed	Incline
0-2 minutes	6.0	5%
2-4	6.5	4%
6-8	7.0	3%
8-10	7.5	2%
10-10:45	8.0	1%
10:45-11:15	2.0	15%
11:15-12	7.2	15%
12-12:30	2.0	15%
12:30-13:15	7.4	15%
13:15-13:45	2.0	15%
13:45-14:30	7.6	15%
14:30-15	2.0	15%
15-15:45	7.8	15%
15:45-16:15	2.0	15%
16:15-17	8.0	15%
17:30-18:15	2.0	15%
18:15-18:45	8.1	15%
18:45-19:30	2.0	15%
19:30-20	8.2	15%
20-25	3.0	0%
<b>@kimschaperfitness</b>		