

HIIT Training-Treadmill

Treadmill-Walker	11 minutes	8 minutes
choose a speed between 3.5 - 4.5 mph and stay with the same speed the entire workout.	3 minute @ 4%	90 second @ 6%
% refers to the the percent grade (incline)	1 minute @ 1%	1 minute @ 10%
	2 minute @ 6%	1 minute, 3.0 mph @ 1%
	1 minute @ 1%	90 second @ 6%
	1 minute @ 10%	1 minute @ 10%
	1 minute, 3.0 mph @ 1%	1 minute, 3.0 mph @ 1%
	45 seconds @ 10%	1 minute @ 10%
	1 minute, 3.0 mph @ 1%	90 seconds 3.0 mph @ 1%
	45 seconds @ 10%	
	90 seconds 3.0 mph @ 1%	
Treadmill-Jogger	11 minutes	8 minutes
Keep your incline at 1% the entire time speed is in mph	3 minute @ 6	90 second @ 6
	1 minute @ 4.5	1 minute @ 7
	2 minute @ 6.2	1 minute, 3.5
	1 minute @4.5	90 second @ 6
	1 minute @ 7	1 minute @ 7
	1 minute, 3.5	1 minute, 3
	45 seconds @ 7	1 minute @ 7
	1 minute, 3.5	90 seconds @ 3.5
	45 seconds @ 7	
	90 seconds @ 3.5	
Treadmill-Runner	11 minutes	8 minutes
Keep your incline at 1% the entire time speed is in mph	3 minute @7.5	90 second @ 7.5
	1 minute @ 5.5	1 minute @ 8.5
	2 minute @7.7	1 minute, 3.5
	1 minute @ 5.5	90 second @ 7.5
	1 minute @ 8.5	1 minute @ 8.5
	1 minute, 3.5	1 minute, 3.5

Treadmill-Walker	11 minutes	8 minutes
	45 seconds @ 8.5	1 minute @ 8.5
	1 minute, 3.5	90 seconds 3
	45 seconds @ 8.5	
	90 seconds 3	