

**Interval #1 Treadmill Flat**

Time (Min)	Speed	Incline	Motion
0 - 5	3.5 to 4.0	2.5	For(2m)/Rev(1m)/Lat(2m)
5 - 6	7.5	2.5	For
6 - 7	4.0	2.5	Lat face Left
7 - 8	4.0	2.5	Lat face Right
8 - 9	8.0	2.5	For
9 - 10	6.5	2.5	For
10 - 11	8.0	2.5	For
11 - 12	6.5	2.5	For
12 - 13	8.5	2.5	For
13 - 15	4.0	2.5	For
Done			

**KEY**

- For:** Forward
- Rev:** Reverse
- Lat:** Lateral Side Steps

**Notes:** When working on lat side steps use hand rails at first and work your way up to hands free. Keep feet straight and push off with foot flat on treadmill, stay low and compact.

**Interval #3 Treadmill Combo**

Time (Min)	Speed	Incline	Motion
0 - 5	3.5 to 4.0	2.5	For(2m)/Rev(1m)/Lat(2m)
5 - 6	8.0	2.5	For
6 - 7	4.0	5.0	Rev
7 - 8	9.0	2.5	For
8 - 9	4.5	2.5	Lat Left
9 - 10	4.5	2.5	Lat Right
10 - 11	7.0	7.5	For
11 - 12	4.0	5.0	Rev
12 - 13	9.0	2.5	For
13 - 15	4.0	2.5	For
Done			

**Interval #2 Treadmill Hills**

Time (Min)	Speed	Incline	Motion
0 - 5	3.5 to 4.0	5	For(2m)/Rev(1m)/Lat(2m)
5 - 6	7.5	2.5	For
6 - 7	5.5	5.0	For
7 - 8	5.5	7.5	For
8 - 9	3.5	7.5	Lat Left
9 - 10	3.5	7.5	Lat Right
10 - 11	7.0	5.0	For
11 - 12	7.0	2.5	For
12 - 13	7.0	7.5	For
13 - 15	4.0	2.5	For
Done			

**Interval #4 Treadmill Combo**

Time (Min)	Speed	Incline	Motion
0 - 5	3.5 to 4.0	5.0	For(2m)/Rev(1m)/Lat(2m)
5 - 6	7.0	7.5	For
6 - 7	5.0	10.0	For
7 - 8	7.5	2.5	For
8 - 9	4.5	5.0	Lat Left
9 - 10	4.5	5.0	Lat Right
10 - 11	10.0	1.0	For
11 - 12	4.0	5.0	Rev
12 - 13	4.5	5.0	Lat Left
13 - 15	4.5	5.0	Lat Right
15 - 16	3.5	2.0	For
Done			