



## TREADMILL HILL WALKING INTERVALS

*Duration 20 minutes, incline varies*

*3.5 mph walking is a challenging pace for most people. If you are new to exercise or de-conditioned please consider lowering your walk speed your first time through this program. This is especially important during the 1 minute recovery phase. If you cannot lower your heart rate/ breathing during the recovery phase you need to walk at a slower pace for BOTH intervals.*

*Please take more time if you need it for a better warm-up or cool down. We suggest following our warm-up video that includes band walks, deadbugs and swimmers as a warm-up before all cardio intervals. An excellent alternative is foam rolling and any glute activation exercises.*

*If you are light headed or short of breath you need to stop your intervals immediately. Those symptoms should not be ignored under any circumstances. Regular occurrence would suggest a need to seek medical advice.*

Walk 1 minute at 3.5 mph, 0% incline (warm-up)

Walk 2 minutes at 3.5 mph, 4% incline

Walk 1 minute at 3.5 mph, 0% incline

Walk 2 minutes at 3.5 mph, 8% incline

Walk 1 minute at 3.5 mph, 0% incline

Walk 2 minutes at 3.5 mph, 6% incline

Walk 1 minute at 3.5 mph, 0% incline

Walk 2 minutes at 3.5 mph, 10% incline

Walk 1 minute at 3.5 mph, 0% incline

Walk 2 minutes at 3.5 mph, 8% incline

Walk 1 minute at 3.5 mph, 0% incline

Walk 2 minutes at 3.5 mph, 12% incline

Walk 2 minute at 3.5 mph, 0% incline (cool down)