

MIXED INTERVAL TREADMILL



WORKOUT



Time	Speed/Incline	Intensity
5 Min	Warm Up - Moderate	Level 4-5
90 Sec	Increase Speed	Level 5
60 Sec	Same Speed/Increase Inc	Level 7
30 Sec	Decrease Inc/Fast as you can!	Level 8-9
90 Sec	Decrease Speed - Moderate	Level 5
60 Sec	Increase Speed	Level 7
30 Sec	Reduce speed/Increase Inc	Level 8-9
2 Min	Back to Moderate	Level 5
30 Sec	Increase both speed/Inc	Level 7
60 Sec	Decrease speed	Level 8-9
90 Sec	Decrease Inc	Level 5
30 Sec	Increase speed	Level 8-9
60 Sec	Decrease speed/Increase Inc	Level 7
90 Sec	Decrease both speed/inc	Level 5
2 Min	Stay at Moderate	Level 5
90 Sec	Stay at Moderate	Level 5
60 Sec	Increase Inc	Level 7
30 Sec	Increase Inc even more!	Level 8-9
90 Sec	Back to moderate	Level 5
60 Sec	Increase speed	Level 7
30 Sec	Increase speed even more!	Level 8-9
5 Min	Cooldown	Level 3

This mixed interval workout includes moderate, hard and very hard intervals. You'll mix and match speed and incline. Using a scale of 1 to 10, work at:

- Level 5 for the 90 second intervals
- Level 6-7 for the 60 second intervals
- Level 8-9 during the 30 second intervals.

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