

SEGMENT 1 - TREADMILL			
Time	Exercise	Speed (mph)	Incline
0-5	Warm-up	6.0 – 7.0	0%
5-6	Treadmill Sprint	6.0	15 %
6-7	Flat Jog/Walk Recovery	3.0-5.0	0%
7-8	Treadmill Sprint	6.3	14%
8-9	Flat Jog/Walk Recovery	3.0-5.0	0%
9-10	Treadmill Sprint	6.6	13%
10-11	Flat Jog/Walk Recovery	3.0-5.0	0%
11-12	Treadmill Sprint	6.9	12%
12-13	Flat Jog/Walk Recovery	3.0-5.0	0%
13-14	Treadmill Sprint	7.2	11%
14-15	Flat Jog/Walk Recovery	3.0-5.0	0%
15-16	Treadmill Sprint	7.5	10%
16-17	Flat Jog/Walk Recovery	3.0-5.0	0%
SEGMENT 2 – CORE/OFF TREADMILL			
Exercise	Reps/Time	Notes	
Renegade Rows	10 each side		
Dumbbell Pullover Reach	10	See pic	
Straight-arm Side Plank/Hip Drop	10 each side	See pic	
Standard plank	60 secs		
SEGMENT 3 – TREADMILL			
Time	Exercise	Speed (mph)	Incline
0-1	Treadmill Sprint	6.2	15%
1-2	Flat Jog/Walk Recovery	3.0-5.0	0%
2-3	Treadmill Sprint	6.5	14%
3-4	Flat Jog/Walk Recovery	3.0-5.0	0%
4-5	Treadmill Sprint	6.8	13%
5-6	Flat Jog/Walk Recovery	3.0-5.0	0%
6-7	Treadmill Sprint	7.1	12%
7-8	Flat Jog/Walk Recovery	3.0-5.0	0%
8-9	Treadmill Sprint	7.4	11%
9-10	Flat Jog/Walk Recovery	3.0-5.0	0%
10-11	Treadmill Sprint	7.7	10%
11-12	Flat Jog/Walk Recovery	3.0-5.0	0%
SEGMENT 4 – REPEAT SEGMENT 2			