

THE NEW RUNNER TREADMILL WORKOUT

TIME	SPEED (MPH)	INCLINE
0:00-5:00	3.0	1.0
5:00-10:00	3.5	1.0
10:00-12:00	5.5	1.0
12:00-16:00	3.5	1.0
16:00-18:00	5.5	1.0
18:00-22:00	3.5	1.0
22:00-24:00	5.8	1.0
24:00-28:00	3.5	1.0
28:00-30:00	5.8	1.0
30:00-35:00	3.5	1.0
35:00-40:00	3.0	1.0