

# XLathlete.com

This is a 25 Minute Interval Treadmill Workout Level 11

| Time        | MPH  | Incline |
|-------------|------|---------|
| 25:00-24:00 | 3.5  | 1.5     |
| 24:00-16:00 | 6.4  | 0.5     |
| 16:00-15:30 | OFF  | OFF     |
| 15:30-15:00 | 10   | 0       |
| 15:00-14:30 | OFF  | OFF     |
| 14:30-14:00 | 11   | 0       |
| 14:00-13:30 | OFF  | OFF     |
| 13:30-13:00 | 11   | 0       |
| 13:00-12:30 | OFF  | OFF     |
| 12:30-12:00 | 11.5 | 0       |
| 12:00-11:30 | OFF  | OFF     |
| 11:30-11:00 | 11.5 | 0       |
| 11:00-10:30 | OFF  | OFF     |
| 10:30-10:00 | 11.5 | 0       |
| 10:00-9:30  | OFF  | OFF     |
| 9:30-9:00   | 11.5 | 0       |
| 9:00-8:30   | OFF  | OFF     |
| 8:30-8:00   | 11.5 | 0       |
| 8:00-7:30   | OFF  | OFF     |
| 7:30-7:00   | 11   | 0       |
| 7:00-6:30   | OFF  | OFF     |
| 6:30-6:00   | 10   | 0       |
| 6:00-5:30   | OFF  | OFF     |
| 5:30-2:30   | 3.9  | 2       |
| 2:30-0:00   | 3.5  | 1       |

