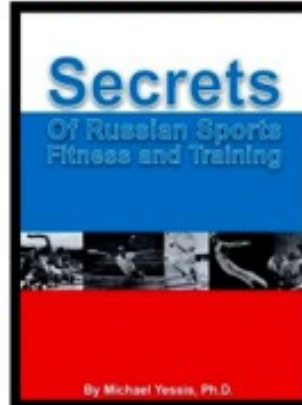


XLathlete.com

This is a 25 Minute Interval Treadmill Workout Level 11

Time	MPH	Incline
0:00-1:00	3.5	1.5
1:00-9:00	6.4	0.5
9:00-9:30	OFF	OFF
9:30-10:00	10	0
10:00-10:30	OFF	OFF
10:30-11:00	11	0
11:00-11:30	OFF	OFF
11:30-12:00	11	0
12:00-12:30	OFF	OFF
12:30-13:00	11.5	0
13:00-13:30	OFF	OFF
13:30-14:00	11.5	0
14:00-14:30	OFF	OFF
14:30-15:00	11.5	0
15:00-15:30	OFF	OFF
15:30-16:00	11.5	0
16:00-16:30	OFF	OFF
16:30-17:00	11.5	0
17:00-17:30	OFF	OFF
17:30-18:00	11	0
18:00-18:30	OFF	OFF
18:30-19:00	10	0
19:00-19:30	OFF	OFF
19:30-22:30	3.9	2
22:30-25:00	3.5	1

Secrets Of Russian Training



**Methods
Of A
Sports
Empire**

At The XL Athlete Store