

XLathlete.com

This is a 25 Minute Interval Treadmill Workout Level 3

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	9	0
15:00-14:30	OFF	OFF
14:30-14:00	9	0
14:00-13:30	OFF	OFF
13:30-13:00	9.5	0
13:00-12:30	OFF	OFF
12:30-12:00	9.5	0
12:00-11:30	OFF	OFF
11:30-11:00	9.5	0
11:00-10:30	OFF	OFF
10:30-10:00	9.5	0
10:00-9:30	OFF	OFF
9:30-9:00	9.5	0
9:00-8:30	OFF	OFF
8:30-8:00	9.5	0
8:00-7:30	OFF	OFF
7:30-7:00	9	0
7:00-6:30	OFF	OFF
6:30-6:00	9	0
6:00-5:30	OFF	OFF
5:30-2:30	3.9	2
2:30-0:00	3.5	1

Strength Training Clinics



At The XL Athlete Store