

# XLathlete.com

This is a 25 Minute Interval Treadmill Workout Level 7

| 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  | 9    | 0       |
| 10:00-10:30 | OFF  | OFF     |
| 10:30-11:00 | 9.5  | 0       |
| 11:00-11:30 | OFF  | OFF     |
| 11:30-12:00 | 10   | 0       |
| 12:00-12:30 | OFF  | OFF     |
| 12:30-13:00 | 10   | 0       |
| 13:00-13:30 | OFF  | OFF     |
| 13:30-14:00 | 10.5 | 0       |
| 14:00-14:30 | OFF  | OFF     |
| 14:30-15:00 | 10.5 | 0       |
| 15:00-15:30 | OFF  | OFF     |
| 15:30-16:00 | 10.5 | 0       |
| 16:00-16:30 | OFF  | OFF     |
| 16:30-17:00 | 10.5 | 0       |
| 17:00-17:30 | OFF  | OFF     |
| 17:30-18:00 | 10   | 0       |
| 18:00-18:30 | OFF  | OFF     |
| 18:30-19:00 | 9.5  | 0       |
| 19:00-19:30 | OFF  | OFF     |
| 19:30-22:30 | 3.9  | 2       |
| 22:30-25:00 | 3.5  | 1       |

**Strength Training Clinics**



**At The XL Athlete Store**