



Incline Trainer Intervals

Set Up: Choose a treadmill with 20+ on the incline setting (red treadmills)
Warm up for 3-5 minutes

1. Walk at 0-5% incline at 3-4mph
2. Increase inline to 25% for 1 minute (press the 25 button on the left of the console)
3. Change incline to 0-5% for 1 minute (press the 0 or 5 button on the left of the console)
4. Continue to switch back and forth between inclines
 - If the recovery isn't long enough, add 30-60 seconds
 - If the work isn't hard enough, increase the incline or speed
5. 8-10 work intervals (about 20 minutes total)



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Campus Recreation