

Hit The Hills

TIME	INCLINE	SPEED
0-4 Min (Warm-up)	0	3.0
4 - 4.45 (45 seconds)	0	8 - 9.0
4.45 - 6.45 (2 minutes)	3	5 - 6.0
6.45 - 9.45 (3 minutes)	6	3.5
9.45 - 11 (1.25 minutes)	0	3.5
11 - 11.45 (45 seconds)	0	8 - 9.0
11.45 - 13.45 (2 minutes)	4	5 - 6.0
13.45 - 16.45 (3 minutes)	7	3.5
16.45 - 18 (1.25 minutes)	0	3.5
18 - 18.45 (45 seconds)	0	8 - 9.0
18.45 - 20.45 (2 minutes)	5	5 - 6.0
20.45 - 23.45 (3 minutes)	8	3.0
23.45 - 25 (1.25 minutes)	0	3.0
25 - 25.45 (45 seconds)	0	8.5 - 9.5
25.45 - 27.45 (2 minutes)	5	5.5 - 6.5
27.45 - 30.45 (3 minutes)	10	3.0
30.45 - 35 (Cool-down)	2	3.5