

Protect The Cargo Cardio Drills

TIME	INCLINE	SPEED
0-4 Min (Warm-up no ball)	0	3.0
4 - 6 (2 minutes)	0	3.0
6 - 6.45 (45 seconds)	0	6.0
6.45 - 8.45 (2 minutes)	0	3.2
8.45 - 9.5 (45 seconds)	0	6.2
9.5 - 11.5 (2 minutes)	0	3.3
11.5 - 12.25 (45 seconds)	0	6.3
12.25 - 14.25 (2 minutes)	0	3.2
14.25 - 15 (45 seconds)	0	7.0
15 - 17 (2 minute)	0	3.1
17 - 17.45 (45 seconds)	0	7.2
17.45 - 19.45 (2 minutes)	0	3.0
19.45 - 20.5 (45 seconds)	0	7.3
20.5 - 25 (Cool-down no ball)	0	3.0