

TREADMILL WORKOUT 2

45 minutes of interval training

Time (min)	What to do	RPE
0-5	Easy jog on a 3% incline	2-3
5-10	Regular run	6-7
10-12	Take it up a notch	7-9
12-15	Regular run	6-7
15-16	Sprint at maximum speed	10
16-18	Regular run	6-7
18-20	Take it up a notch	7-9
20-25	Regular run	6-7
25-27	Take it up a notch	7-9
27-29	Regular run	6-7
29-30	Sprint at maximum speed	10
30-32	Regular run	6-7
32-33	Sprint at maximum speed	10
33-35	Regular run	6-7
35-36	Sprint at maximum speed	10
36-40	Regular run	6-7
40-42	Take it up a notch	7-9
42-45	Regular run	6-7