

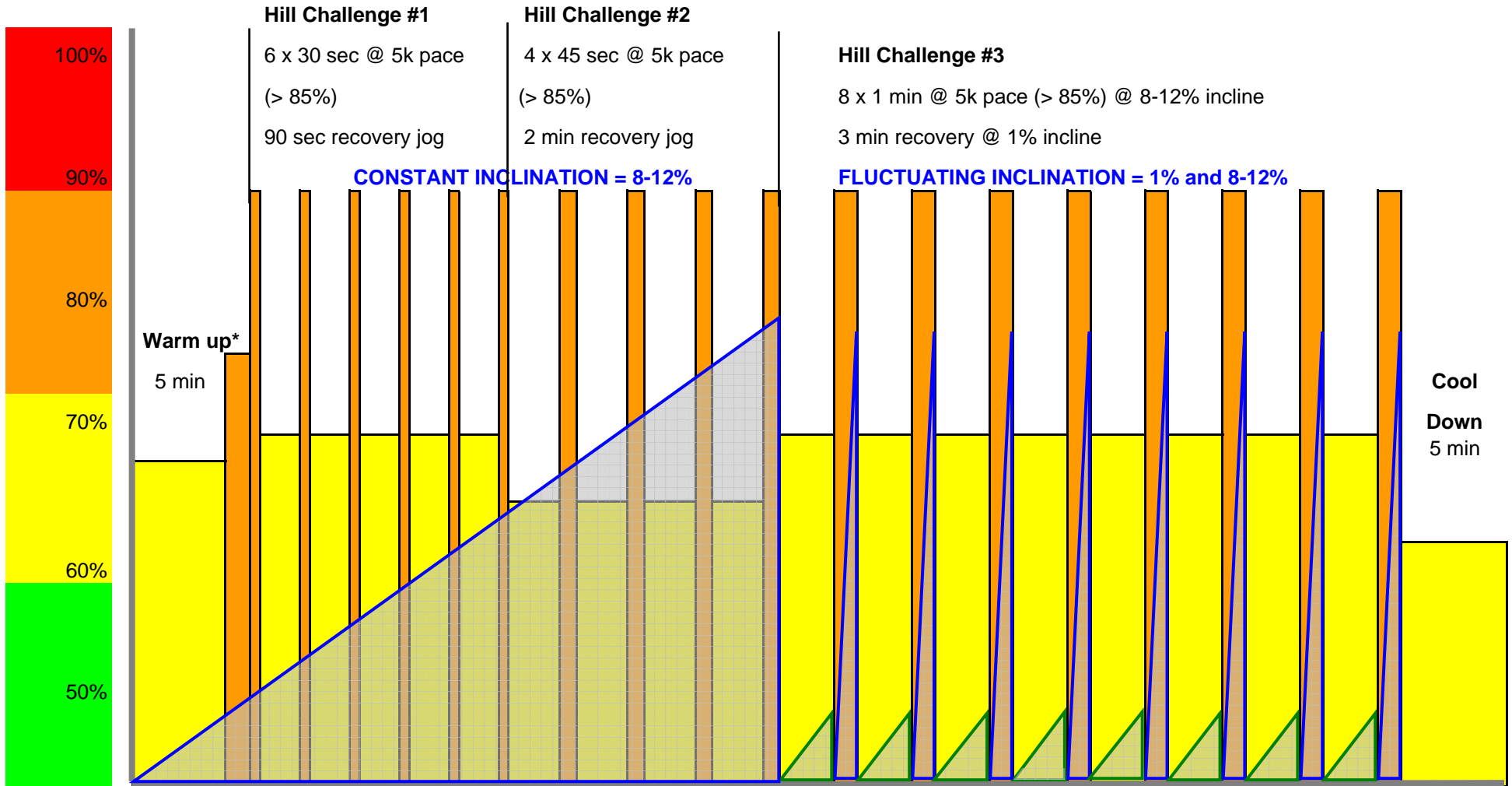


Treadmill Trainer™ - Hill Runner Volume 2

Workout Structure

WORK INCLINATION = 8-12%

**Increase incline each minute during warm-up*



Track	Time	Description
1	5:00	Introduction and warm-up 5 minutes of light jogging with an incremental increase in inclination each minute.
2	10:40	Hill Challenge #1 - Constant Inclination In this section you will be running through 6 intervals of 30 seconds at a minimum of 85% of your maximum running speed. Between each work bout will be a 90 second recovery jog. This entire section is done at an incline of 8-12% (you choose).
3	11:05	Hill Challenge #2 - Constant Inclination Similar to Hill Challenge #1 but now you'll be running at that same fast pace for 45 seconds followed by a 2 minute recovery jog. This is repeated 4 times at a constant inclination of 8-12% on the treadmill.
4	32:05:00	Hill Challenge #3 - Fluctuating Inclination This final section will have you running 8 work intervals at the same fast pace as the previous two Hill Challenges. Each 1 minute run will be completed on an incline of 8-12%. The fast run is then followed by a 3 minute recovery jog on an incline of 1%. Therefore, you will be moving the incline of the treadmill up and down throughout this section. A total of 8 intervals is prescribed for this section.
5	6:02	Cool Down A nice easy 5 minute cool down is in order after having completed this workout. Now you can lower the incline all the way down so that you're running on a flat surface. You can jog or walk during this section.
Total Time:		1:04:52

