

Advanced Treadmill Workout

Duration: 50 minutes



Warm-up, 1% incline

- ❑ 5 min easy jog (4.0-5.0 mph)
- ❑ 2 min pick-up (+1.0 mph)

Interval 1, 7% incline

- ❑ 2 min base pace (5.0-6.0 mph)
- ❑ 2 min recovery* (4.0-5.0 mph)
- ❑ 2 min pick-up* (6.0-7.0 mph)

Interval 2, 5% incline

- ❑ 2 min threshold (6.0-7.0 mph)
- ❑ 2 min recovery* (4.0-5.0 mph)
- ❑ 2 min pick-up* (6.0-7.0 mph)

Interval 3, 3% incline

- ❑ 2 min threshold (6.0-7.0 mph)
- ❑ 2 min recovery* (4.0-5.0 mph)
- ❑ 2 min pick-up* (6.0-7.0 mph)

Interval 4, 1% incline

- ❑ 2 min sprint (6.5-8.0 mph)
- ❑ 4 min recovery (4.0-5.0 mph)
- ❑ 3 min pick-up (5.0-7.0 mph)

Interval 5, 1% incline

- ❑ 3 min sprint (5.5-7.5 mph)
- ❑ 3 min recovery (4.0-5.0 mph)

Final sprint, 1% incline

- ❑ 8 min progression (6.0-7.0 mph)
+0.5 mph each min
- ❑ 2 min walk (3.5 mph)

*recovery and pick-up at 1% incline

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Paediatric Exercise Science and Medicine Neil Armstrong, Willem van Mechelen, 2008-10-23 This text explains the principles of developmental exercise science assessment of performance the promotion of young people's health and well being and the clinical diagnosis and management of sports injuries in children and adolescents

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