

Straight into a jog on this one, put the pace around 8.5 - 10 Kph depending on your stride length. Hold this pace for 4 minutes. This is the warm up.

Increase the incline before you reach the 4 minute mark and hold this pace for a further 2 minutes. Ensure your breathing is controlled (in through the nose, out through mouth)

Increase the speed by 2.5 Kph (11 Kph) and hold here for a further 3 minutes.

Bring the pace down to a brisk walk (6.5 Kph) and take deep breaths, recovery phase for 1 minute 30 seconds. (leave the incline)

As the you come within 10 seconds of starting again raise the incline a further 2% and up your speed 3 Kph above your warm up pace (9.5 Kph)

Ensure you are striding with a strong posture and hold this pace for 4 minutes

Increase the incline a further 2% and stay with the same speed for 2 minutes, really push here...

Bring the speed back to recovery walk pace 5 Kph for 1 minute... (*drop the incline to 6%*)

Then up the speed to the your maximum of the day for the last 1minute 30 secs (11 Kph min)

4 minutes recovery, 2 minutes at a brisk walking pace, then two minutes slowing the machine down

Ensure you do a full recovery

15 Minute Intermediate Workout Stage #1		
Date of workout		/ /2008
Speed Kph	Incline	Time
Recommended	Recommended	Recommended
8.5	4%	2
11	4%	3
6.5	4%	1.30 secs
9.5	6%	4
9.5	8%	2
5	6%	1
11	6%	1.30 secs
Total Time		15 Mins
Highest Speed		
Distance Covered		
Highest Incline		

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