

Straight into a jog on this one, put the pace around 5.5 - 6.5 Mph 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 1.0 Mph (7 Mph) and hold here for a further 3 minutes.

Bring the pace down to a brisk walk (4 - 5 Mph) 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 2 Mph above your warm up pace (6 - 7 Mph)

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 3.0 Mph for 1 minute... (*drop the incline to 6%*)

Then up the speed to the your maximum of the day for the last 1 minute 30 secs (7 Mph 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 Mph	Incline	Time
Recommended	Recommended	Recommended
5.5	4%	2
7	4%	3
4	4%	1.30 secs
6	6%	4
6	8%	2
3	6%	1
7	6%	1.30 secs
Total Time		15 Mins
Highest Speed		
Distance Covered		
Highest Incline		

15 Minute Intermediate Workout Stage #1		
Date of workout		/ /2008
Speed Mph	Incline	Time
Recommended	Recommended	Recommended
5.5	4%	2
7	4%	3
4	4%	1.30 secs
6	6%	4
6	8%	2
3	6%	1
7	6%	1.30 secs
Total Time		15 Mins
Highest Speed		
Distance Covered		
Highest Incline		

15 Minute Intermediate Workout Stage #1		
Date of workout		/ /2008
Speed Mph	Incline	Time
Recommended	Recommended	Recommended
5.5	4%	2
7	4%	3
4	4%	1.30 secs
6	6%	4
6	8%	2
3	6%	1
7	6%	1.30 secs
Total Time		15 Mins
Highest Speed		
Distance Covered		
Highest Incline		

15 Minute Intermediate Workout Stage #1		
Date of workout		/ /2008
Speed Mph	Incline	Time
Recommended	Recommended	Recommended
5.5	4%	2
7	4%	3
4	4%	1.30 secs
6	6%	4
6	8%	2
3	6%	1
7	6%	1.30 secs
Total Time		15 Mins
Highest Speed		
Distance Covered		
Highest Incline		

15 Minute Intermediate Workout Stage #1		
Date of workout		/ /2008
Speed Mph	Incline	Time
Recommended	Recommended	Recommended
5.5	4%	2
7	4%	3
4	4%	1.30 secs
6	6%	4
6	8%	2
3	6%	1
7	6%	1.30 secs
Total Time		15 Mins
Highest Speed		
Distance Covered		
Highest Incline		

15 Minute Intermediate Workout Stage #1		
Date of workout		/ /2008
Speed Mph	Incline	Time
Recommended	Recommended	Recommended
5.5	4%	2
7	4%	3
4	4%	1.30 secs
6	6%	4
6	8%	2
3	6%	1
7	6%	1.30 secs
Total Time		15 Mins
Highest Speed		
Distance Covered		
Highest Incline		