

### High Intensity Interval Training workout

Interval	timer	Intensity	Speed	Incline
1- warmup	0-4 min	4	base speed	0
1st hill	4-6 min	6	base speed	6
slowdown	6-8	4	base speed	0
1st speed burst	8-10	6	base +.4	0
slowdown	10-12	4	base speed	0
2nd hill	12-14	9	base speed	8
slowdown	14-16	4	base speed	0
2nd speed burst	16-18	9	base speed +.8	0
slowdown	18-20	4	base speed	0
3rd hill	20-22	9	base speed	8
slowdown	22-24	4	base speed	0
3rd speed burst	24-26	9	base speed +.8	8
slowdown	26-28	4	base speed	0
cool down	28-30	3	base speed -.2	0

<http://livingthebalancedlife.com>