

20-MINUTE

CALORIE-BURNING TREADMILL

WORKOUT

TIME	SPEED (MPH)	INCLINE	NOTES
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00:00-03:00	3.8	1.0	WARMUP
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03:00-05:00	4.3	2.5	
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05:00-07:00	4.8	3	
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07:00-09:00	5	4.5	
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09:00-11:00	5.8	6	
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11:00-13:00	5.0	4.5	
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13:00-15:00	4.8	3.0	
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15:00-17:00	4.5	2.5	
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17:00-20:00	3.5	1.0	COOLDOWN
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