

30-MINUTE

BARRY'S BOOTCAMP TREADMILL

WORKOUT

TIME	SPEED	INCLINE	NOTES
0:00-6:30	4.5	0.0	Warmup
6:30-7:30	5.0	0.0	Begin Incline Run Section
7:30-8:30	5.0	15.0	
8:30-9:30	5.0	0.0	
9:30-10:30	6.0	10.0	
10:30-11:00	5.0	0.0	
11:00-11:30	7.0-9.0	5.0	
11:30-12:30	3.0	0.0	End Incline Run Section
12:30-13:30	3.0-4.0	0.0	Begin Sprints & Walks Section
13:30-14:30	8.0-10.0	0.0	
14:30-15:15	3.0	0.0	
15:15-16:00	8.5	0.0	
16:00-16:30	3.0	0.0	
16:30-17:00	9.0	0.0	
17:00-18:00	3.0	0.0	End Sprints & Walks Section
18:00-19:00	6.0	0.0	Begin Endurance Section
19:00-20:00	6.5	0.0	
20:00-21:00	7.0	0.0	
21:00-22:00	7.5	0.0	
22:00-23:00	8.0	0.0	
23:00-24:00	3.0	0.0	End Endurance Section
24:00-24:30	6.0	0.0	Start Flat & Hills Section
24:30-25:00	6.0	6.0	
25:00-25:30	6.0	0.0	
25:30-26:00	8.0	0.0	
26:00-26:30	3.0	0.0	
26:30-27:00	7.0	0.0	
27:00-27:30	7.0	6.0	
27:30-28:00	7.0	0.0	
28:00-28:30	8.5	0.0	
28:30-29:00	3.0	0.0	End Flat & Hills Section
29:00-34:00	4.0	0.0	Cooldown