

“GET A BETTER BUTT” TREADMILL WORKOUT

30 MINUTES OF INCLINE WALKING MIXED
WITH RUNNING INTERVALS

TIME	SPEED	INCLINE	NOTES
0:00-5:00	3.5	2.0	Warmup
5:00-7:00	4.0	3.0	
7:00-9:00	4.0	7.0	
9:00-10:00	6.0	1.0	Run
10:00-11:00	3.5	2.0	Recover
11:00-13:00	4.0	7.0	
13:00-15:00	3.5	10.0	
15:00-16:00	6.0	2.0	Run
16:00-17:00	3.5	2.0	Recover
17:00-19:00	4.0	7.0	
19:00-21:00	4.0	12.0	
21:00-22:00	6.0	1.0	Run
22:00-23:00	3.5	1.0	Recover
23:00-24:00	4.0	4.0	
24:00-25:00	4.0	12.0	
25:00-26:00	6.0	2.0	Run
26:00-30:00	3.5	1.0	Cooldown