

WALK/RUN

TIME	SPEED	INCLINE	NOTES
0:00-5:00	2.5	0.0	Warmup
5:00-6:30	3.5	0.0	Easy
6:30-7:30	4.0	0.0	Moderate
7:30-8:00	4.5	0.0	Hard
8:00-9:00	2.5	0.0	Recover
9:00-10:30	3.5	2.0	Easy
10:30-11:30	4.0	2.0	Moderate
11:30-12:00	4.5	2.0	Hard
12:00-13:00	2.5	0.0	Recover
13:00-14:30	3.5	4.0	Easy
14:30-15:30	4.0	4.0	Moderate
15:30-16:00	4.5	4.0	Hard
16:00-17:00	2.5	0.0	Recover
17:00-18:30	3.5	2.0	Easy
18:30-19:30	4.0	2.0	Moderate
19:30-20:00	4.5	2.0	Hard
20:00-21:00	2.5	0.0	Recover
21:00-22:30	3.5	4.0	Easy
22:30-23:30	4.0	4.0	Moderate
23:30-24:00	4.5	4.0	Hard
24:00-25:00	2.5	0.0	Recover
25:00-26:30	3.5	6.0	Easy
26:30-27:30	4.0	6.0	Moderate
27:30-28:00	4.5	6.0	Hard
28:00-33:00	2.5	0.0	Cooldown

RUN

TIME	SPEED	INCLINE	NOTES
0:00-5:00	4.5	0.0	Warmup
5:00-6:30	5.0	0.0	Easy
6:30-7:30	6.0	0.0	Moderate
7:30-8:00	7.0	0.0	Hard
8:00-9:00	3.5	0.0	Recover
9:00-10:30	5.0	2.0	Easy
10:30-11:30	6.0	2.0	Moderate
11:30-12:00	7.0	2.0	Hard
12:00-13:00	3.5	0.0	Recover
13:00-14:30	5.0	4.0	Easy
14:30-15:30	6.0	4.0	Moderate
15:30-16:00	7.0	4.0	Hard
16:00-17:00	3.5	0.0	Recover
17:00-18:30	5.0	2.0	Easy
18:30-19:30	6.0	2.0	Moderate
19:30-20:00	7.0	2.0	Hard
20:00-21:00	3.5	0.0	Recover
21:00-22:30	5.0	4.0	Easy
22:30-23:30	6.0	4.0	Moderate
23:30-24:00	7.0	4.0	Hard
24:00-25:00	3.5	0.0	Recover
25:00-26:30	5.0	6.0	Easy
26:30-27:30	6.0	6.0	Moderate
27:30-28:00	7.0	6.0	Hard
28:00-33:00	3.5	0.0	Cooldown

RUN FASTER

TIME	SPEED	INCLINE	NOTES
0:00-5:00	5.5	0.0	Warmup
5:00-6:30	7.0	0.0	Easy
6:30-7:30	8.0	0.0	Moderate
7:30-8:00	9.0	0.0	Hard
8:00-9:00	4.5	0.0	Recover
9:00-10:30	7.0	2.0	Easy
10:30-11:30	8.0	2.0	Moderate
11:30-12:00	9.0	2.0	Hard
12:00-13:00	4.5	0.0	Recover
13:00-14:30	7.0	4.0	Easy
14:30-15:30	8.0	4.0	Moderate
15:30-16:00	9.0	4.0	Hard
16:00-17:00	4.5	0.0	Recover
17:00-18:30	7.0	2.0	Easy
18:30-19:30	8.0	2.0	Moderate
19:30-20:00	9.0	2.0	Hard
20:00-21:00	4.5	0.0	Recover
21:00-22:30	7.0	4.0	Easy
22:30-23:30	8.0	4.0	Moderate
23:30-24:00	9.0	4.0	Hard
24:00-25:00	4.5	0.0	Recover
25:00-26:30	7.0	6.0	Easy
26:30-27:30	8.0	6.0	Moderate
27:30-28:00	9.0	6.0	Hard
28:00-33:00	4.5	0.0	Cooldown

POPSUGAR

FAT-BURNING INTERVALS

The three versions of this drop-set interval workout increase in intensity; choose the plan that best suits your fitness needs.

Progress to the next level when you're ready for a new challenge.