



# BRAVE BODY

## PROJECT

### HIIT TREADMILL WORKOUT

MINUTE	SPEED (MILES PER HOUR)
0. JOG	5.0-7.0 MPH
1. RUN	6.5 - 8.5 MPH
2. JOG	5.5 - 7.5 MPH
3. RUN	6.5 - 8.5 MPH
4. RUN	7.0 - 9.0 MPH
5. JOG	5.0 - 6.5 MPH
6. RUN	6.5 - 8.5 MPH
7. RUN	7.0 - 9.0 MPH
8. RUN	7.5 - 9.5 MPH
9. RECOVER	2.5 - 3.5 MPH
10. 2% JOG FOR 30 4% JOG FOR 30	5.5 - 7.5 MPH
11. 6% JOG FOR 30 8% JOG FOR 30	5.5 - 7.5 MPH
12. 8% SIDE STEP RIGHT	2.5 - 3.5 MPH
13. 8% 30 SEC. SPRINT/ RECOVER	8.5 - 12.5 MPH / 2.5 - 3.5 MPH
14. 8% SIDE STEP LEFT	2.5 - 3.5 MPH
15. 8% 30 SEC. SPRINT/ RECOVER	8.5 - 12.5 MPH / 2.5 - 3.5 MPH
16. 4% RUN	7.0 - 9.0 MPH
17. 0% RUN	7.0 - 9.0 MPH
18. 0% RECOVERY JOG/ 30 SPRINT	4.5 - 6.5 MPH / 8.5 - 12.5 MPH
19. RECOVER	2.5 - 3.5 MPH

<b>MINUTE</b>	<b>SPEED (MILES PER HOUR)</b>
20. 6% PUSH	8.0 - 11.0 MPH
21. RECOVER	2.5 - 3.5 MPH
22. 4% PUSH	8.0 - 11.0 MPH
23. RECOVER	2.5 - 3.5 MPH
24. 2% PUSH	8.0 - 11.0 MPH
25. RECOVER	2.5 - 3.5 MPH
26. 0% PUSH	8.0 - 11.0 MPH
27. RECOVER	2.5 - 3.5 MPH
28. JOG 30/SPRINT 30	5.5 - 7.5 MPH / 8.5 - 12.5 MPH
29. RECOVER/ SPRINT 30	2.5 - 3.5 MPH / 8.5 - 12.5 MPH
30. COOL DOWN WALK	2.5 - 3.5 MPH