**Interval Program**

**Adjust speed to suit your level of fitness**

**Treadmill**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Warm Up** | **Interval 1 – fast run** | | **Interval 2 – fast run** | | **Interval 3 – sprint intervals** | | | **Cool Down** |
| **Time** | 5mins | 2min | 3min | 2min | 3min | 30sec | 30sec | x 5 | 5min |
| **Speed** | 5.5 | 8 | 6 | 8 | 6 | 10 | 5 | 5 |
| **Incline** | 0 | 2 | 2 | 2 | 2 | 5 | 5 | 0 |
| Total | 25 minutes | | | | | | | | |

**Elliptical**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Warm Up** | **Interval 1 (resistance)** | | **Interval 2 (incline)** | | **Interval 3** | | | **Cool Down** |
| **Time** | 5mins | 3min | 2min | 3min | 2min | 2min | 1min | 2min | 5min |
| **Resistance** | 4 | 10 | 6 | 5 | 5 | 10 | 4 | 10 | 4 |
| **Crossramp** | 0 | 2 | 2 | 8 | 4 | 4 | 2 | 4 | 0 |
| Total | 30 minutes – keep strides per minute consistent across intervals | | | | | | | | |