

Marine Miguel's Progressive Interval Treadmill Workout

<u>Work</u>	<u>Rest</u>	<u>Speed</u>	<u>Incline</u>
2 minutes	30 seconds	5	1
2 minutes	30 seconds	5	1
1 minutes	30 seconds	6	1
1 minutes	30 seconds	6	1
30 seconds	30 seconds	7	1
30 seconds	30 seconds	7	1
Tabata Intervals:			
20 seconds	10 seconds	9	1
20 seconds	10 seconds	9	1
20 seconds	10 seconds	9	1
20 seconds	10 seconds	9	1
20 seconds	10 seconds	9	1
20 seconds	10 seconds	9	1
20 seconds	10 seconds	9	1
20 seconds	10 seconds	9	1
20 seconds	10 seconds	9	1

REST 1 Minute and repeat for MAX effect

*Beginners: reduce your Speed by 1 mph all the way through the workout and leave the rest the same.

www.NobodyEverDrownedinSweat.com

www.MiguelsBootCamp.com