

the HIIT the hills treadmill workout

Begin with a 10 min warm-up, then start into the first set of intervals, which are 3 mins each. You'll get 1 min rest between every interval, during which time you can flatten the incline completely and slow your speed as necessary. Increase the incline on the treadmill as shown below, and adjust speed so that you match the RPE (/10) in the RPE column. The 3x1 min intervals should be hard!

	RPE	Incline %
10 min warm-up	6	0%
3x3minute intervals, 1 min rest between each	7	2%
3x2minute intervals, 1 min rest between each	8	5%
3x1minute intervals, 1 min rest between each	9/9.5	8%
5 min cool down - easy	5	0%

Total: 43 mins