the final stretch
sprint workout

This is a quick yet intense treadmill workout is meant to be done as a finisher, after having completed whatever strength training is on your agenda. It's made up of 8 x 1-minute sprints which have slight variations as you go. They get tougher as you progress towards the end, with the final one being done fast and with an incline, just to be sure that you truly empty the tank! Since you'll be sprinting, you'll want to ensure your muscles are already warm before hopping on the treadmill.

5 mins - increase speed gradually

2x:

1 min - sprint / 1 min recovery jog

2x:

1 min sprint (harder) / 1 min recovery jog

2x:

1 min sprint @ moderate incline / 1 min recovery jog @ moderate incline

2x:

1 min sprint @ high incline / 1 min recovery jog @ high incline

5 mins recovery jog/walk

total time: 26 mins