



TREADMILL SPEED LADDER

HIKING TRAINING SERIES

TIME	INTERVAL	SPEED	INCLINE
0:00- 5:00	5	2.5 - 5.5 MPH	0
5:00 - 7:00	2	5.5 MPH	0.5
7:01 - 9:00	2	6 MPH	0.5
9:01 - 11:00	2	6.5 MPH	0.5
11:01 - 12:00	2	7.0 MPH	0.5
12:01- 13:00	2	7.5 MPH	0.5
13:01 - 14:00	1	8.0 MPH	0.5
14:01- 16:00	2	7.5 MPH	0.5
16:01- 18:00	2	7.0 MPH	0.5
18:01- 20:00	2	6.5 MPH	0.5
20:01 - 22:00	2	6.0 MPH	0.5
22:01- 24:00	2	5.5 MPH	0.5
24:01- 26:00	2	5.0	0.5
26:01 - 30:00	4	4.5-2.0 MPH	0



TREADMILL INCLINE LADDER



HIKING TRAINING SERIES
CHOOSE THE BEST SPEED FOR YOU

TIME	INTERVAL	SPEED	INCLINE
0:00- 5:00	5	2.5 - 5.5 MPH	0
5:00 - 7:00	2	5.0-6.0	0.5
7:01 - 9:00	2	5.5 MPH	1
9:01 - 11:00	2	5.5 MPH	2
11:01 - 12:00	2	5.5 MPH	3
12:01- 13:00	2	5.5 MPH	5
13:01 - 14:00	1	5.0 MPH	7
14:01- 15:00	1	4.5 MPH	9
15:01- 17:00	2	5.0 MPH	7
17:01- 19:00	2	5.5 MPH	5
19:01 - 21:00	2	5.5 MPH	4
21:01- 23:00	2	5.0 MPH	2
23:01- 25:00	2	5.0 MPH	0.5
25:01 - 30:00	5	4.5-2.0 MPH	0