



H3 Lowcountry Treading – Treadmill

					Min.
Warm up at warm up pace, increase .2mph for last 2 min					1-5
keep speed, incline to			3%	Hill #1	5-6
	Incline to		5%		6-7
	Incline to		7%		7-8
	Incline to		8%		8-9
	Incline to		7%		9-10
	Incline to		6%	Check RPE	10-11
	Incline to		5%		11-12
	Incline to		3%		12-13
Increase speed to challenging pace for RPE of 6 for 2 minutes, incline to					13-15
			2%		
	Increase speed		0.2		15-16
	Decrease speed		0.3		16-17
keep speed, incline to			4%	Hill #2	17-18
	Incline to		5%		18-19
	Incline to		6%		19-20
	Incline to		6%		20-21
Decrease speed .2, incline to			7%		21-22
	Incline to		8%	Check RPE	22-23
	Incline to		6%		23-24
	Incline to		4%	Hill #3	24-25
	Incline to		6%		25-26
Decrease speed .3, incline to			8%		26-28
	Incline to		7%		28-29
	Incline to		6%		29-30
	Incline to		5%		30-31
	Incline to		8%		31-32
	Incline to		5%		32-33
Keep speed, incline to			3%	Check RPE	33-34
	Increase speed		0.2		34-35
	Increase speed		0.1		35-36
	Decrease		0.3		36-38

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	speed				
	Decrease speed		0.2		38-39
	Decrease speed		0.2		39-40
Decrease speed to warm up pace					40-41
Still walking, shoulder circles					41-42
Decrease speed .5 practice deep breathing					42-43
Decrease speed below 2.0 and do high knees					42-44
Decrease speed below 1.5 and do long steps					44-45
Stretch all major leg muscles, shoulders, back, chest, neck					

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