



H3 Treading - Treadmill

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

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Decrease speed .5 practice deep breathing				42-43
Decrease speed below 2.0 and perform high knees				42-44
Decrease speed below 1.5 and exaggerate long steps				44-45
Stretch all major leg muscles, shoulders, back, chest, neck				

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