

30 Minutes on Treadmill:

Minutes	Incline	Speed	Completed
3	3.0	3.4	3
1	6.0	3.6	4
1	9.0	3.6	5
1	12.0	3.4	6
1	15.0	3.4	7
1	3.0	3.0	8
1	3.0	5.0	9
1	3.0	3.0	10
1	3.0	3.6	11
1	6.0	3.6	12
1	9.0	3.6	13
1	12.0	3.4	14
1	15.0	3.4	15
1	3.0	3.0	16
1	3.0	5.0	17
1	3.0	3.0	18
1	3.0	3.6	19
1	6.0	3.6	20
1	9.0	3.6	21
1	12.0	3.4	22
1	15.0	3.4	23
1	3.0	3.0	24
1	3.0	5.0	25
3	3.0	3.0	28
2	0	2.0	30

30 Minutes on Treadmill:

Minutes	Incline	Speed	Completed
3	3.0	3.4	3
1	6.0	3.6	4
1	9.0	3.6	5
1	12.0	3.4	6
1	15.0	3.4	7
1	3.0	3.0	8
1	3.0	5.0	9
1	3.0	3.0	10
1	3.0	3.6	11
1	6.0	3.6	12
1	9.0	3.6	13
1	12.0	3.4	14
1	15.0	3.4	15
1	3.0	3.0	16
1	3.0	5.0	17
1	3.0	3.0	18
1	3.0	3.6	19
1	6.0	3.6	20
1	9.0	3.6	21
1	12.0	3.4	22
1	15.0	3.4	23
1	3.0	3.0	24
1	3.0	5.0	25
3	3.0	3.0	28
2	0	2.0	30

30 Minutes on Treadmill:

Minutes	Incline	Speed	Completed
3	3.0	3.4	3
1	6.0	3.6	4
1	9.0	3.6	5
1	12.0	3.4	6
1	15.0	3.4	7
1	3.0	3.0	8
1	3.0	5.0	9
1	3.0	3.0	10
1	3.0	3.6	11
1	6.0	3.6	12
1	9.0	3.6	13
1	12.0	3.4	14
1	15.0	3.4	15
1	3.0	3.0	16
1	3.0	5.0	17
1	3.0	3.0	18
1	3.0	3.6	19
1	6.0	3.6	20
1	9.0	3.6	21
1	12.0	3.4	22
1	15.0	3.4	23
1	3.0	3.0	24
1	3.0	5.0	25
3	3.0	3.0	28
2	0	2.0	30