

INCLINE



WORKOUT: PYRAMID SCHEME

🕒 24 min

INTERVALS 1-4

TIME	INCLINE	PACE
2 min	2-5%	1.5 to 3.5 mph
1 min	0%	1.5 to 3.5 mph

Repeat, **increasing** the speed by 1.0 mph and incline by 1% for each 2-minute interval for 4 total rounds

INTERVALS 5-8

TIME	INCLINE	PACE
2 min	1% less	1 mph slower
1 min	0%	1.5 to 3.5 mph

Repeat, **decreasing** the speed by 1.0 mph and incline by 1% from last interval for each 2-minute interval for 4 total rounds

Walking Workout Discount Returns

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