



#5 - H³I Low Country Treading

Warm-up for 5 minutes at a comfortable speed - increase speed by 0.2mph for minutes 3 and 4

Interval Set #1 - Each minute, increase the incline to the following:

- 1
- 2
- 3
- 4
- 5
- 4
- 3
- 2
- 1

Speed Set - Increase speed for by a minimum of 0.3 mph for 2 minutes
Decrease speed to "hill pace" for 1 minute

Interval Set #2 - Alternate inclines of either 3 and 5 or 2 and 4. Each incline should last two minutes, then switch to the next (repeat 3-5 times).

Repeat speed set at an incline of 1

Interval Set #3 - 30-second intervals at the following inclines

- 2
- 3
- 4
- 5
- 6
- 7
- 6
- 5
- 4
- 3
- 5

7

5

3

1 - Begin 5 minute cool-down, decreasing speed in increments of 0.3-0.5mph.