

# 20 SECOND DASH

## 23 MIN HIIT TREADMILL WORKOUT





**STEP 1:** Warm up with a 5 min walk on 2.0 incline.

**STEP 2:** Test a speed and incline combination to find a 9 out of 10 intensity level for you. This will determine your working interval for the rest of the workout. Set the incline to at least 4.0.

**STEP 3:** Complete a 20 second level 9 intensity sprint, elevating your heart rate to about 90% of your max or a 9 out of 10 on the perceived intensity scale, meaning rest for 1 min after the sprint by reducing the treadmill speed and/or lifting yourself off of it to stand on the sides.

**STEP 4:** Repeat for 9 more sprints at the same speed/intensity level.

**STEP 5:** Cool down by walking at an easy pace for 5 min.

		TIME	SETS	SPEED	INCLINE	MHR	RPE
WARM UP		5 MIN	1	4.0	2.0	60%	6
HIGH INTERVAL		20 SEC	10	12.0	4.0	90%	9
LOW INTERVAL		1 MIN	10	4.0	4.0	60%	6
COOL DOWN		5 MIN	1	4.0	2.0	50%	5

 **TO PROGRESS THE WORKOUT:**  
Reduce rest times as low as 20 seconds.

 **TO MODIFY THE WORKOUT:**  
Increase rest times, as high as 3 minutes between sprints.

*"Speeds, inclines, RPM, resistance, spm and levels are suggestions, adjust to your fitness level."*