

Day 12



A Climbing we will go

Equipment: Free Motion Incline Trainer

| Time | | Interval Length | Incline | Speed |
|-------|-------|-----------------|---------|---------------------------|
| 0:00 | 3:00 | 3 min | 3% | 2.0-4.0mph |
| 3:00 | 4:00 | 1 min | 9% | 2.0-4.0mph |
| 4:00 | 4:30 | 30 sec | 3% | 2.0-4.0mph |
| 4:30 | 6:00 | 1:30 min | 12% | 2.0-4.0mph |
| 6:00 | 6:30 | 30 sec | 3% | 2.0-4.0mph |
| 6:30 | 8:15 | 1:45 min | 15% | 2.0-4.0mph |
| 8:15 | 8:45 | 30 sec | 6% | 2.0-4.0mph |
| 8:45 | 10:45 | 2:00 min | 18% | 2.0-4.0mph |
| 10:45 | 12:45 | 2:00 min | 3% | 2.0-4.0mph |
| 12:45 | 14:45 | 2:00 min | 18% | 2.0-4.0mph |
| 14:45 | 15:15 | 30 sec | 9% | 2.0-4.0mph |
| 15:15 | 17:00 | 1:45 min | 15% | 2.0-4.0mph |
| 17:00 | 17:30 | 30 sec | 6% | 2.0-4.0mph |
| 17:30 | 19:00 | 1:30 min | 12% | 2.0-4.0mph |
| 19:00 | 19:30 | 30 sec | 6% | 2.0-4.0mph |
| 19:30 | 20:30 | 1:00 min | 9% | 2.0-4.0mph |
| 20:30 | 22:00 | 1:30 min | 3% | 2.0-4.0mph |
| 22:00 | 22:30 | 30 sec | 21% | 2.0-4.0mph |
| 22:30 | 23:00 | 30 sec | 24% | 2.0-4.0mph |
| 23:00 | 23:30 | 30 sec | 30% | 2.0-4.0mph |
| 23:30 | 24:30 | 1 min | 0% | Fast-sprint (4.0-12.0mph) |
| 24:30 | 25:30 | 1 min | 3% | 2.0-4.0mph |
| 25:30 | 26:30 | 1 min | 0% | Fast sprint (4.0-12.0mph) |
| 26:30 | 28:30 | 2 min | 3% | 2.0-4.0mph |
| 28:30 | 30:00 | 2:30 min | 0% | Cool-down (2.0-3.0mph) |

DO NOT HOLD ON TO THE HANDLES!!



Nutrition Tip

Eat more fiber. Here's how: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/multimedia/high-fiber-diet/sls-20076188>