

# *Incline Walking* **TREADMILL WORKOUT!**

| Time  | Speed        | Incline | RPE<br>(1 to 10) |
|-------|--------------|---------|------------------|
| 0-5   | 2.5 to 4 mph | 1%      | 3-4              |
| 5-8   | 2.5 to 4 mph | 6%      | 6                |
| 8-10  | 2.5 to 4 mph | 2%      | 4-5              |
| 10-13 | 2.5 to 4 mph | 8%      | 7                |
| 13-15 | 2.5 to 4 mph | 4%      | 5-6              |
| 15-18 | 2.5 to 4 mph | 10%     | 8                |
| 18-20 | 2.5 to 4 mph | 1%      | 3-4              |
| 20-23 | 2.5 to 4 mph | 10%     | 8                |
| 23-25 | 2.5 to 4 mph | 4%      | 5-6              |
| 25-28 | 2.5 to 4 mph | 8%      | 7                |
| 28-30 | 2.5 to 4 mph | 2%      | 4-5              |
| 30-33 | 2.5 to 4 mph | 6%      | 6                |
| 33-35 | 2.5 to 4 mph | 0%      | 3                |

\*Informational purposes only. Consult a doctor prior to beginning any new exercise routine.\*

Find full workout details at [snackinginsneakers.com](https://snackinginsneakers.com)

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**JG Myers**



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